

THE BRITISH or ENGLISH PHYSICIAN.



THE BRITISH or ENGLISH PHYSICIAN.



BOTANOLOGIA
THE
Brittish Physician :
OR,
The NATURE and VERTUES
OF
ENGLISH PLANTS.

Exactly describing such Plants as grow Naturally in our Land, with their several Names, Greek, Latine, or English, Natures, Places where they grow, Times when they flourish, and are most proper to be gathered; their degrees of Temperature, Applications and Vertues, Physicall and Astrological Uses, treated of; each Plant appropriated to the several Diseases they cure, and directions for their Medicinal Uses, throughout the whole Body of Man; being most special helps for sudden Accidents, Acute and Chronick Distempers.

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With two exact Tables; the one of the English and Latine Names of the Plants; the other of the Diseases and Names of each Plant appropriated to the Diseases, with their Cures.

By Robert Turner, Botanolog. Stud.

London, Printed for Obadiah Blagrave, at the Black Bear and Star in St. Pauls Church-Yard, over against the Little North-Door, 1687.

Rec'd Mch. 1907

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To the READER.

THere are now some few Years overpast since I last appeared publick amongst you; yet I cannot think my self quite forgotten and obliterated out of your Memories, or at least of some of you, by whom I presume I have been often read, tho' not seen: Give me leave, after some silence, to trouble you once more; and I doubt not after you have well considered the Subject, you will easily dispence with the trouble and pains I give you; finding that vanquished by the pleasure and profit you will reap by it: For if the Axiom be true, as undoubtedly it is, that three things principally concur as the moving causes in the atchievement of every Action, viz. Pleasure, Profit, and Honesty, you will find them all conspired together in the Enterprize of this Work: A Work perchance, which at first blush will be by some (especially by those of the Romantique Physicians Tribe) censured as superfluous; and by others objected against, as not copious enough for their thoughts, altho too compleat for their practice: they may both easily be answered; and if they will soberly consider it, the Book it self sufficiently answers all objections may be made against it; there being compendiously contained in it the compleat body of Medicinal Vegetables; the severall names both Latine, Greek and English; the degrees of Temperature, whereby their Nature and Faculties are known and distinguished of all such Herbs, Plants, Seeds, Fruits, and Roots that are useful in Physick, whether naturally growing in England, or common to be had at our Druggists and Apothecaries Shops; so that when I tell you the Vertues of Fruits or Drugs which grow in the East or West Indies, I do not bid you go thither and fetch them; the more industrious Merchant hath saved you that labour, and brought them home to your Doors. And this hath not
been

To the Reader.

been exactly performed by any English Physician in such a method before.

I have likewise set down to many Plants the Astral influence assign'd unto them by Astrologers: whose that are studious in that Science may soon acquaint themselves with the rest, which I have willingly omitted; having to every Plant laid down the degrees of the Temperature thereof, whereby the Nature, Vertue, or Danger thereof is easily known: and indeed he fell a great deal too short, that pretends he studied to find a reason why such a herb cured such a Disease, and concludes he found it in (the secondary Cause I grant) the Stars; but if he would have a little Christianity to his Study, it would have raised his Contemplation higher, and he would have found the true reason and primary Cause to have come from above the Stars, from him that gave the Stars their Vertues; and concluded with the same reason that the Heathen Poet did, touching the Creation of the World, and the Stars themselves,

Sic onus inclusum numero distinxit eodem

Cura Dei.

Even so it seem'd to the Creator best.

Nevertheless let us give the Stars their due, and all the candid and ingenious Students and Contemplators of their Celestial Vertues and Influences; but let us not abuse them, and dishonour the Creator of all, as the spurious Sigillators, and Talesmen, or Telesmemongers do. Let us likewise be thankful unto Almighty God for those Blessings he hath bestowed upon us, in enduing the Plants and Grass of the Field with such salubrious Faculties for our health and preservation; but let us not offer Sacrifices unto them, and say Charms over them, as the Druids of old, and other Heathens; and so do some Gacochymists, Medean Hags, and Sorcerers now a days; who not contented with the lawful use of the Creatures, out of some Diabolical intention, search after the more Magical and occult Vertues of Herbs and
Plants

To the Reader.

Plants to accomplish some wicked ends; and for that very cause King Hezekiah fearing lest the Herbs of Solomon should come into prophane Hands caused them to be burned,

God hath imprinted upon the Plants, Herbs, and Flowers, as it were in Hieroglyphicks, the very signature of their Vertues; as the learned Grollius and others well observe: as, the Nutmeg being cut, resembles the Brain; the Papaver Erraticum, or red Poppey flower, resembleth at its bottom the setting of the Blood in the Plurisie; and how excellent is that Flower in Diseases of the Plurisie and Surfeits, hath sufficiently been experienced. In the Heliotrope and Marigold, Subjects may learn their Duty to their Sovereign; which his Sacred Majesty King Charles the First mentions in his Princely Meditations walking in a Garden in the Isle of Wight, in the following Words, viz.

The Marigold observes the Sun

More than my Subjects me have done, &c.

Reader, I shall not trouble you any longer without doors, but only give you one advertisement by the way, and conclude. The Book, for the more ready finding any Plant you would look for in it, is composed according to the order of the Letters in the Alphabet; and besides an Alphabetical Table of each Plant contained in the Book: Now because one Plant may have several Appellations, when you look for any one in the Table in the Page of the Book which you are directed to, perhaps you may not find the same name in the Title of the Plant there treated of; then do but cast your Eye to the Names under the Description of the Plant you find in that Page you are directed to, and there you will find the Plant here described called by the same name you look for. I shall at present say no more, but wish this Book, and the Students therein happy Success, and their desires both in pleasure and profit; subscribing my self, Reader,

Your devoted Friend,

Robert Turner

To his Esteemed Friend Mr. Robert Turner,
on this his Excellent and Useful Treatise
Entitled, BOTANOLOGIA.

Our Age hath been with Books so fully Blest,
And Arts and Learning have advanc'd their Grest
So high therein; a Thousand Years before
Hath not produc'd [in English] Equal Store:
And should we judge of th' Study, Brain, or Wit;
Fancy, and whatsoe're appends to it,
Of former Times, and these our Present Days;
And to the best deserving give the Bayes;
Antiquity must strike its Sayl, and say,
This Age Arts truest Honour doth enjoy!
The Muses Sons here purchase all anew,
Their Trebled-trials vouch their Studies true:
No Antick Grutches yields Support to them;
Their Grandfires Knowledge gives no Diadem!
As Poets, so an Herbarist, is Born;
Without Celestial Succour, he's a Scorn:
Not all the Acquisitions Schools can lend,
Will make True Science a poor Mortal's Friend!
Yet where both Art and Nature do unite,
In one Physician; — He's the only Wight!
And thus 'tis here: — Our Author hath for Friend,
Not only Learning; which doth aptly lend
Wings to Industry: — But Nature too,
Hath given him Stars, Great Things in Arts to do.

In's

To the Reader.

In's *Book* he hath a *Method* plain devis'd,
All parts of it, so curiously compriz'd;
That *Vulgar men*, which have but skill to read,
May be their own *Physicians* at need:
The better sort are hereby taught, how all
Things springing from *Earth's Bowels*, safely shall
By *Love* or † *Hatred*, [as the *Stars* dispose] † *Sympathy* &
Each *Sickness* cure, that in the *Body* grows. *Antipathy.*

Learned Physicians, (whose better hands
And *Brains* are subject unto *Fates Commands*)
Who have the *Fortune* [maugre all their skill]
As many *Patients*, for to suffer ill;
As (ever) find a *Cure*! — Let them but look
With *serious Aspect* o're this *Learned Book*;
They'l find the *Cause* of their *Unhappiness*,
And unto *safer means* themselves *Address*.

Let's then the *Author* thank, who thus imparts
(For publick good) these secret useful *Arts*:
And when we *Read him*, with *All Men* as free,
As *Learn'd* and *Able* (that shall write) as *He*.

John Gaddbury, Φιλομαθηματικος.

To the Author upon his useful and excellent BOTANOL
OGIA, or, The Brittish Physician.

For th' Sea-encompass'd Little World [our Isle]
A flowry Wreath your fragrant Leaves compile;
Her secret (and reserved) worth you sing,
The precious Herbs o' th' odoriferous Spring,
Prove *Africk* days, had reason good to stile
(Long since) *Britannia*, the Happy Isle.

I once admir'd, yet wonder now no more,
Old *Rome's* ambitious *Eagles* storm'd our Shore;
That *Picks* from Mountains periwigg'd with Snow,
Inest a Region where such *Simples* grow;
That treacherous *Saxons* sack what *Roms* did spare,
And from *Sea-Rovers* turn our Land to share;
That the encroaching irreligious *Danes*
Shov'd the usurping *Saxon* down again;
That the audacious *Norman* did lay down
A meaner *Ducall* for a *Regall* Crown.

Let not tann'd *Africk* boast she Wealth doth hide,
Nor swelling *Asia* [the first Nurse of Pride]
Nor the yet-barbarous *New World* Roots unfold,
Weeds and Diseases to confound the Old;
Our *World* (our *Isle* but searcht) affordeth store
'Gainst most of *Natures* Foes. If we need more,
You shew the Vertue; you the worth commend
Of *Drugs* soft *Asia*, *Drugs* scorcht *Africk* send;
Drugs our politer *Europe*, *Drugs* that home
From that great *Monarch*, remote Nations come;
From some of whom kind *Phæbus* goes not down,
But's never discontinued *Rayes* do crown.

March 10.
1663.

William Smith, late of
Clare-Hall, Cambr.



THE
 Brittish Physician:
 O R,
 The Vertues of *English* Plants.

Adders Tongue. Ophioglossum.

The Description. **T**HIS Herb ariseth out of the ground with one leaf, much like a Water-plantain Leaf, being of an oily substance, and a little more than half a finger long: at the bottom of the leaf sprouts forth a tender stalk about three inches long, and at the top thereof grows a little speer like a Snakes Tongue: sometimes, but very seldom, there springeth forth two or three crooked stings, or tongues, like the rest; but this latter sort is seldom found.

Place. It groweth in moist low grounds and Meadows in many places of *England*: as in the Meadows of *Holshot* in *Hampshire*, and near *Colbrook*, and many other places.

Time. It springeth in *April*, flourisheth in *May*, and is gone quite in *June* and *July*, at the furthest.

Names. It is call'd in Latine, *Ophyoglossum*, *Lingua Ser-*
 B *pentis*

pentis, Linquoce Lingualace, Lancea Christi, Enephillon, & Lingua vulneraria. In English, Adders tongue, Serpents tongue, and of some, Adders grass; in Dutch *Nater-tonguen*; in high Dutch *Nater-zungelin*.

Temperature and Vertues.] *Adders Tongue is hot and dry in the third degree, a Herb of the Sun in Aries: It is an excellent wound Herb, and thereof may be made an excellent Balsom for green wounds after this manner: take the leaves of the Herb, and pound them in a stone Mortar, till they are sufficiently bruis'd and macerated, then boil them in a sufficient quantity of oyl Olive, till the Herbs be dry, afterwards strain it, and reserve it for the purpose aforesaid, as a precious Medicine. The green Herb bruised, or the juyce thereof applyed to any green wound at the time of the year when it may be had, worketh the same Effects.*

Agrimony. Eupatoria.

**Descri-
ption.** **O**F this Plant there be two kinds, the field, or wood *Agrimony*, and bastard or water *Agrimony*, call'd also *Water-hemp*. Wood *Agrimony* groweth up with a long and hairy stalk, the leaves green above, and grayish underneath, parted in divers other small leaves, and jagg'd about the edges: the flowers are small and yellow, growing one above another towards the top of the stalk, the seeds are somewhat long and rough, it hath a large blackish Root.

Place and Time.] It grows frequently in Hedge-rows of Corn Fields, and by high-way sides, and in Woods and Copses; in the Fields and Woods near *Rocheſter*, and towards *Dulwich* in *Surry*, you may gather loads of it; about *July* it is in its prime, the seed is ripe towards the latter end of Summer: you may gather the Herb any time of the year.

Names.] It is called in Greek *ἑνταρίον*, in Latine *Eupatoria*.

Eupatorium and *Eupatoria* in Italian and Spanish, *Agrimonia*. The Germans call it *Odermeng Bruckwurtz*. The Low Dutch, French and English, call it *Agrimony* and *Egrimony*.

Nature and Vertues.] *Agrimony* is an Herb of Jupiter, and is of temperature moderately hot and dry, having a fine binding quality; it removes obstructions of the Liver, and strengthens the same, and therefore is profitable in dyet drinks for naughty Livers and Consumptions: the decoction thereof is good for the Infirmities of the Kidneys, and for such as piss blood by any inward bruise, as experience hath taught me. The leaves made into an unguent with Hogs Lard, healeth and closeth up Ulcers; and the Herb or Seed boild in Wine, helps Fluxes, which proceed from weakness of the Liver, especially if you boil a little *Scabious* with it.

Water Agrimony. *Eupatorium*.

Descri-
ption.] It hath stalks of a dark purple colour, a foot and a half high, sometimes higher, the leaves jagg'd like the other; it hath many branches upon a stalk, the flowers grow at the top of a dark yellow colour.

Place and Time.] It grows almost in every ditch, it flowers about the middle of Summer, the leaves and stalks wither in Winter. The Latines call it *Eupatorium Carnabium*, and *Hepatorium*, because it's good for the Liver: Its call'd in English *Water-hemp*, *Bastard* and *Water Agrimony*.

Nature and Vertues.] This Plant is hot and dry in the second degree, and of a bitter tast, it hath a scouring opening quality, it cleanses the blood, and attenuates gross humours, purging them by Urine.

Agarick, vide *Larch-Tree*.
Agne-Tree, vide *Sassafras*.

Agnus, or, the Chaste-tree.

Descri-ption. **T**HIS Plant groweth up somewhat higher then a shrub, having many dark colour'd branches, being very flexible like Willow; the leaves are long and narrow, somewhat smaller than Willow leaves, and jagged like those of hemp. The flowers are of a white colour, and grow in spikes on the tops of the branches: the seeds are round, almost like pepper, having also a biting tast.

Place and Time. It grows in moist grounds, and by water sides in hot Countries; as in Spain and Italy, and other hot Countries: the seeds are brought hither, and sold by our Druggists and Apothecaries.

Temperature and Vertues. It is reputed by Authors to be hot and dry in the third degree, of a subtile essence, and of a sharp astringent quality. This herb hath a great antipathy to Venus, and by its nature must needs be judged to be under the dominion of Mars in Capricorn; for the seeds of Agnus taken in any manner do dry up the natural seed, and retain all venereous motions; and yet it is of the temperature of Pepper which incites thereunto.

A Pultis being made of the leaves of Agnus Castus, and Vine leaves, stamped together with butter, and applyed to the Gouts, dissolveth and assuageth the hard swelling thereof.

The seeds being parched or fryed and eaten, dissolves wind, and being taken with penny-royal in powder in Wine, it's effectual against the Drop sic and Spleen and provokes Urine, and resists the poysons of venomous Beasts: an Oynment may be made therewith to heat and mollifie benumbed members. Being used with honey, it's good for sores of the Mouth and Throat; it takes away freckles being used with Niter and Vinegar.

The hot fumes of the decoction of the leaves and seeds, is good

good for women to sit over who are subject to fits of the Mother, or troubled with inflammations in their privy parts. And a pultis made therewith easeth pains of the Head, and being mixed with Oyl and Vinegar, it is effectual against the Frenzy and Lethargy.

Alecost, Maudlyn, or Costmary.

Costus hortorum.

The kinds and Description. **T**Here are found six sorts of this herb, three whereof are common to us, viz. Ale-cost, or Cost-mary, common Maudlin, and white Maudlyn.

Place and Time.] Alecost is a sweet herb, having pale long green leaves, jagg'd finely about the edges, the flowers are yellow, the seeds small, flat and long: it grows plentifully in our Gardens, and I think is known to most Housewives, it flowers about July.

Names.] The first is call'd in in Latine *Costus hortorum*, *Balsamita major*, or *Mas*, *Mantha Græca*, *Saracenica officinarum*, *Salvia Romana*, *Herba lassulata*, *Herba Sanctæ Mariæ*. In English Costmary and Alecost. And Maudlyn is call'd in Latine *Costus hortorum minor*, and in Greek *Αγνεστον*.

Temperature and Vertues.] Alecost and Maudlyn are both of a nature hot and dry in the second degree, and qualified by Jupiter to help cold and weak Livers: for which purpose it's a singular herb; or to be used in Ale, it will make it drink both pleasant to the tast, and far exceeding Coffee and Chocolate for health.

It may also be used in an Electuary for the purposes aforesaid; it opens obstructions of the breasts, Liver, Spleen, Kidneys and Bladder, provokes Urine, womens courses, expels Choler and Flegm: a Conserve made thereof helps distillations of Rheumes, flowing from the brain. The decoction of the

flowers kills Lice in the Head, and cures Scabs therein, they being washed therewith.

It helps also the Rickets and Worms in Children, strengthens the Stomach, and stays vomiting, and is good for them that have eaten Hemlock, or the like.

Alehoof, or Ground-Ivy. Hedera terrestris.

Descri-ption. THIS Plant creeps along upon the ground, having a round leaf dented about the edges, of a dark green colour, the flowers are hollow & long, of a blueish purple colour, the root small and fibrous.

Place and Time. It grows almost under every hedge, and also under house sides; it flowers betimes in the year, the leaves are to be found usually all the Winter.

Names. In the Country, especially in Hampshire, it's generally known by the name of *Hay-hoe*, and *Gill-goby-ground*; it is also called *Ale-hoof*, *Ground-Ivy*, and in Latine *Hedera Terrestris*.

Temperature and Verrues. It hath an opening cleansing quality, of temperature hot and dry in tast bitter. Culpepper ascribes it to Venus; I rather judge it to be Solar. The Country people often make use of it to sweeten & cleanse musty Bottles, by filling them with the decoction thereof; it's a singular herb for the Eyes. The juyce thereof with the juyces of Calandine and Daisies being clarified, and some fine Sugar dissolved therein, helps the Pin and Web, Itches, watering and redness of the Eyes: it's likewise a good wound Herb, helps Ulcers of the Lungs, and expels windy and cholerick humours, Venome, and the Plague: It opens obstructions of the Gall, Liver and Spleen, and therefore is good for the Yellow Jaundies; it provokes Urine and Womens tearms. The decoction of the Herb in Wine being taken, gives ease in the pains of the Gout and Sciatica, and by adding thereto some Honey,

and

and a little burnt *Allome*, it's excellent for to gargle sore Mouths and Throats, and also to wash foul Ulcers of the Privy Parts; and the juyce thereof used with Honey or Verdigrease, cleanseth Ulcers, and stayeth their spreading, and cureth the Itch and Scabs, or other breakings out: it is sometimes used as a partner with Hops in Drink, and in dyet drinks I have found it effectual for the Lungs.

All-Heal. Panax Herculeum.

Description, I Shall forbear much description hereof, **Names.** I because it is not growing with us in England, unless it be in Gardens; it hath many large rough leaves growing upon one foot-stalk, of a hot biting tast; it yields a yellowish juyce call'd *Opponax*, which is to be had at our Shops: it is call'd by some *Hercules Woundwort*, & *All-heal*, & in Latine *Panax Herculeum*.

Place and time.] It grows in *America*, and in some places of *Italy*; It flowers and seeds in the latter part of Summer.

Temperature and Vertues.] The Gum call'd *Opponax* is hot and dry, hot in the third degree, and dry in the second; it is effectual, being taken with Wine, against the sores of the Bladder, and Strangury; it purgeth tough flegm, and is profitable against an old Cough, and difficulty of breathing, helps also windiness, Convulsion, Cramps, and the Gout, expells womens Courses; is good against the Dropsie, and the biting of venomous Creatures; it dissolves congealed Blood, caused by falls and bruises; it is good to stop hollow Teeth, and the decoction thereof in Vinegar easeth pains of the Teeth, the Mouth being washed therewith; it's also effectual to be applyed in Plaisters against the Kings Evil, and hard swellings, as also to Boils and other Sores.

Alexanders. Hipposelinum.

Description, and Names and Place. **T**His Herb is generally known in most Gardens, the leaves are of a dark green, and much jagged about the edges, and of a hot bitter tast, the flowers white, the seeds black and streaked ; it is call'd in Latine *Hypposelinum*, and *Olus Atrum*, in English, *Alexanders*.

Time.] It flowers in *June* and *July*, and the seed is ripe in *August*.

Temperature and Vertues.] It is hot and dry in the third degree, of a cleansing quality, and therefore is frequently used in broth in Spring time to cleanse and rarifie the blood: the roots stewed in the Spring time cleanse the Stomach from slimy humours, it opens obstructions of the Liver and Spleen, and to help a weak stomach, the roots are a good sauce being pickled ; the seeds given in white-wine, powerfully drives down the the Courses, and expells the after birth, it likewise provokes Urine, breaks Wind, and helps the Strangury : the dose of it in powder is from one Scruple to two Scruples ; it is very good also for the Cholick.

Black Adder-tree. Alnus nigra.

Description, and Names. **T**His groweth up like a small shrub, or bush, and spreads in many branches ; the wood is white and red at the Core, the bark blackish with white spots, the inner bark yellow, the leaves somewhat like the common Alder, the flowers are white, and come forth at the joynts with the leaves, the berries are round, first green, then red and black when they are ripe. The Latines call it *Frangula*, and *Alnus nigra baccifera* ; in Hampshire we usually know it by the name of *Dogwood*.

Place and Time.] It grows commonly in most Woods, and boggy places, as in a Wood call'd *Dane-Moon* in

Hamp

Hampshire : it flowers in *May*, the berries are ripe towards *Michaelmas*.

Temperature and Vertues.] It's of a purging dry quality, and the inner bark thereof being steep'd in wine & drunk, is a strong vomit, and cleanses the stomach, it purges also hydropick humours, and a decoction thereof made together with *Agrimony*, *Wormwood*, *Dodder*, *Hops*, and some of the five opening roots, and drunk every morning, cures the *Dropsie* and *Jaundies* : the bark ought to be dried before it be used, and being boild in *Vinegar*, it's a good remedy to kill lice and cure scabs and itch. Some write that the leaves are good fodder for Cattel, to cause them to give good store of milk, but I could never see any Cow that would eat them.

Alleluiah, vide *Wood-sorrel*.

Almond-tree. Amigdalum.

Description OF this Tree there be two kinds, the one and Names. bears Fruit sweet, the other bitter, they grow bigger then any *Peach Tree* : I have seen a bitter *Almond-tree* in *Hampshire* as big as a great *Plum-tree*, it hath leaves much like *Peach-leaves*, it is call'd in Latine *Amigdalum* ; they grow plentifully in *Turkey* and *Barbary*.

Nature and Vertues.] The sweet *Almonds* are hot and moist in the first degree, the bitter dry in the second ; it is a Plant of *Jupiter* : the sweet *Almonds* nourish the body, and increase the seed, they strengthen the breath, cleanse the *Kidneys*, and open the passages of *Urine*. There is a fine pleasant Oyl drawn out of the sweet *Almonds*, which being taken with *Sugar-candy* is excellent against dry Coughs and hoarseness, it is good for those that have any inward sore, and for such who are troubled with the *Stone*, because it makes slippery the passages of the *Urine*. Bitter *Almonds* also opens obstructions of the *Liver* and *Spleen*, cleanseth the *Lungs* from *Elegm*, and pro-

provokes Urine; they expel Wind, and provokes Womens Courses; the Oyl of them kills Worms, and helps Pains of the Womb. Some write that the bitter Almonds preserve from Drunkenness, five or six being eaten fasting; the Oyl of both cleanse the skin; it easeth pains of the head, the Temples being anointed therewith; and the Oyl with Honey, powder of Liquorish, Oyl of Roses, and white Wax, makes a good Oyntment to help dimness of sight.

Alkekengi, or Winter Cherries.

Descri. **T**his Plant groweth up with a stalk about p^{ion}. two foot high, the leaves are of a dark green, at the joints the stalks shoot forth with Flowers, and afterwards green berries, which grow in a little thin skin, much like a purse or bladder; the Berries when they are ripe, are red, much like a Cherry, the seeds are flat and yellowish, and are contained in the Cherries.

Names, Place and Time.] Some have taken this plant for a kind of Nightshade, and therefore call it *Solanum*; it is generally call'd in Shops *Alkekengi*, and Winter Cherries; it grows only in Gardens, flowers in August, and the Fruit is ripe in October.

Temperature and Ventues.] It is an Herb of Saturn, cold and dry, the leaves cool, and the fruit openeth; the distilled water of the fruit, or leaves, or both together, is good to be drunk morning and evening with a little milk against the heat of the Urine, and therefore is effectual to virulent Gonorrhoeas; it cleanseth foul Ulcers in the Reins and Bladder, dissolves the Stone in the Reins, Kidneys and Bladder, opens the urinary passages, and provokes Urine, and helps those that make foul or bloody Urine, the decoction of the Fruit being taken in Wine and Water; it likewise opens the Liver and Gall, and therefore is good for the Yellow Jaundies.

An-

Angelica.

Descri-ption. **T**Here is both garden *Angelica*, and wild *Angelica*, some also reckon up a water kind; it groweth up with great hollow stalks four or five foot high, having broad divided leaves of a pale green colour, at the top cometh forth large umbels of white flowers; after which succeedeth flat round seeds, somewhat whitish, the root perisheth every year, if it be suffered to seed, not else.

Names, Place and Time.] It's common name with us both for Latine and English is *Angelica*, it grows commonly in our Gardens, and wild likewise in many places, flowers about July, and the seed is ripe soon after.

Temperature and Vertues.] It is an herb of the Sun; hot and dry almost to the third degree, it opens and digesteth, it is a great cordial for the heart, in defending it from poyson; a dram thereof in powder being taken in the distill'd water of the same plant, & sweat upon it, it heats and comforts the Blood and Spirits, and is good against the Plague, Pestilence, and other infections: the root being taken green, helps such as are troubled with stuffings in their Stomack; it also abates lust; the water thereof, and some of the root in powder helps cold and wind, the Cholick and Strangury, Coughs, Ptsick, & other diseases of the Lungs & Breast; it provokes womens Courses, and helps to expel the after-birth, it likewise provokes Urine, and helps the Cholick and Strangury: The decoction helps inward bruises, dissolveth congeal'd blood, it helps digestion, is an excellent remedy for a surfeit. The decoction helps an Ague at two or three times taking, if it be drunk and sweat upon before the fit comes. The roots being taken in powder, and made into a plaister with a little pitch, helps the bitings of the venomous Creatures and mad dogs; the water or juyce being dropped into the eyes and ears, helps dimness of sight and deafness. The

The Apple-Tree. Pomus.

IT is needless to describe the Apple-trees, nor reckon up their several kinds, many sorts of them being generally known almost to every Boy, and is out of my purpose here; many of them are early ripe in Summer, others more late towards Winter, which are most durable to keep; some of them are sweet, fragrant and odoriferous, others more sharp.

The Names.] The Tree is call'd in *Latine* *Pomus* and *malus*, the Fruit *Pomum* and *malum*. The *English* name you have already.

Places and Time.] They grow wild in the hedge rows and Woods in many places of this Land, but the best are manur'd in Orchards; they flower in *April*, the fruit of the latest is ripe in *October*, which is the *John Apple*.

Temperature and Vertues.] There is a great difference in Apples, in regard there are both sweet, sowre and bitter, they are generally held to be cold and moist, but the sweet & bitter do somewhat incline to heat; but to omit the general use which is made of Apples both in City and Country, they are effectual in hot diseases, cooling the stomach and heart. The Apple call'd a *Pomewater* being roasted, and the pulp labour'd in fair water, till it be like that we call *Lambs-wool*, and drunk going to bed, helpeth such as are troubled with an involuntary passage of the seed, either in dreams or otherwise; and is also effectual for such as piss by drops. Rotten Apples are good to be apply'd to the eyes which are blood-shot, or bruis'd by any stripe or stroak. Apples expel melancholly humours, and stir up mirth, being roasted and eaten with rose-water and sugar: Cyder and also *Verjuyce* do both singularly cool the Stomack, and is effectual in hot Agues, and is good against casting and vomiting; and the *Verjuyce* being apply'd to burning or scaldings, draweth out the fire, and cools and heals the same.

Apri-

Apricock-Tree. Malus Armeniaca.

THis Plant needs no description, being very well known, yet it is a tender plant in our cold Countries; for if a frost meet with the flowers, or young Fruit, they are quickly gone.

Names.] It is call'd in Latine *Malus Armeniaca*, the Fruit, *Malum Armeniacum*: in English Apricocks.

Place and Time.] They are planted against Walls in most Gentlemens Gardens, and against the Walls of Houses too in many places. They flower in March, and the Fruit is ripe about the latter end of July.

Temperature and Vertues.] This is one of Venus plums, and is cold in the first degree & moist in the second; the fruit is better to be eaten before meals than after, because of their quick descension into the belly, they cause other meats to descend the sooner. There may an oyl be pressed out of the kernels of the stones; which being taken in Wine, helpeth the Cholick, and driveth forth the stone out of the Reins and Bladder, helps pains in the ears, hoarseness of the voice, inflammations of the Piles, Ulcers, and the roughness of the Tongue and Throat. The leaves I have proved effectual to dry up the corrupt matter of hot running scabs.

Archangel, or Dead nettles. Lamium.

Descri^{ption}.] This herb is generally known, it needs no description.

Names.] It's call'd in Latine *Lamium*, and *Lamium mortua*. In English dead or blind Nettle, or Archangel. Herbarists reckon up eight sorts hereof, but I shall here mention only three which are common, and those are, that with the white flower, the red, and the yellow.

Places and Times.] And these may be found under hedges, old walls, amongst rubbish, by high way sides, and

and in corners of Gardens which are not digged nor planted ; they flower about the Spring of the year, and so continue all Summer.

Temperature and Vertues.] *Archangel* is hot and dry in the first degree, bitter in tast, under the dominion of Mars, and it is good against *Quartain Agues* ; the flowers of the *Archangel*, or the distilled waters stayeth the whites in women, and the flowers of the red *Archangel* stayeth the reds : The herb is effectual for Tumors or swellings of the Kings Evil in the Throat to dissolve them being bruised with some Hogs Lard and apply'd thereunto. It also allays the pains of the Gout or *Sciatica*, and aches of the joynts ; being us'd in like manner, it openeth obstructions, and dissolveth the hardness of the Spleen, by drinking the decoction of the Herb in Wine, and applying the herb hot pulviswise to the Region of the Spleen ; it is a good repercussive in inflammations, and stayeth the corroding of old Ulcers ; it cureth the rising up of the skin about the roots of the Nails, being apply'd thereunto ; and is said to stanch bleeding at the nose, the bruised herb being apply'd to the nape of the neck.

From, vide *Cuckow-pittle*.

Arrach wild and stinking. *Atriplex*.

Descri^{tion}. *Stinking Arrach* groweth up with a little stalk, having many branches, the leaves are smaller than those of the Garden, and pointed towards the top, of a whitish green colour, which we call an *Ash* colour ; it beareth yellow flowers, which afterwards turn into small mealy seeds. It may easily be known by the smell, being very like stinking Fish.

Names, Places and Time.] It is call'd in Latine *Pulvris*, and *Atriplex*, in English *stinking Arrach* ; you may find it upon most Dunghills, under old walls, about the mud walls in the fields about London it grows plentifully, and

and also by ditches sides: It flowers and feeds from June till after Bartholomew tide.

Temperature and Vertues.] This Plant Saturn rules; it is cold, moist and earthy, an excellent plant for Womens diseases. It cures fits of the Mother, Dislocation, or falling out of the Womb, being taken inwardly: it cools the over much heat of the Womb, & causes easie delivery; being rubb'd and held to the nostrils, it causeth the womb to descend to its right place, and strengthens and cleanses it. It provokes the Terms if stopped, and also stops the immoderate flowing of them; & makes Barren women fruitful. It is therefore good for such women as are subject to be troubled with any of the aforementioned Distempers, to prepare, and keep always by them a Syrup made of the juyce of this herb and sugar, or honey, which is best to cleanse the Womb, otherwise sugar is more proper.

Arsmart. Persicaria.

Description. THIS Herb grows with a little jointed greenish stalk, the leaves growing at the joynts of the stalks, being not very long, many times having blackish spots upon them: the flowers grow in spiky heads of a bluish colour, after them come little blackish flat seeds; the root is fibrous, and perisheth every year. There is dead or mild Arsmart, and biting Arsmart, which if you tast of it, it will bite your tongue very much.

The Names.] It is call'd in Latine *Piper Aquaticum*, and *Persicaria*, because the leaves do something resemble Peach leaves; in English Pepper and Arsmart.

Place and Time.] It is common in most ditches, especially such as are muddy, and grows also upon dunghills of mud which hath been cast out of ditches. I have seen them covered with it in Hampshire, and other places. It is in flower in June, and feeds about August.

Temperature and Vertues.] The mild is said to be cold and

& dry, the biting hot and dry, then sure there the Mars & Saturn grow together: the biting Arsmart being rub'd upon a tyred horses back, will make him go again lively; it is good to kill Fleas, being strew'd in Chambers. The powder of the mild Arsmart being given to the quantity of two drams at a time in a little Vinegar, opens obstructions of the Liver; being bruise'd with Rue and Wormwood, and fry'd with Butter or Suet, and applyed to the belly or stomach, destroys the worms in them: the distill'd water thereof mixed with a little oyl of Spike, and the gall of an Ox, is good to ease the pains of the Gout, the griev'd place being anointed therewith, and a blue woollen cloath applyed upon it; so likewise being mixed with Aqua vitæ it takes away Aches: The herb being stamp'd with wine, and applyed to the Matrix, draweth down the Terms. The leaves being stamp'd and apply'd to green Wounds, cools them; and defends them from inflamations. The root or seed applyed to any aking Tooth, takes away the pain; and the juice of the Herb dropped into the ears, kills Worms in them, and is good against Deafness.

Alkanet, Fucus Herba.

Descrip. **T**Here are accounted four kinds of this Plant, but never a one of them common, nor easily found in England, tho' Culpepper saith there is one kind grows commonly in this Nation; which is as true as the the story he tells of one of his Disciples, whose Horses shoes were pulled off by riding over Moonwort, (as he saith.)

The red great Alkanet groweth up about a foot and a half high, having usually one round stalk, with many leaves prickly and hoary over like small Bugloss, the flowers much like them of *Echium*, or small Bugloss, of a sky colour, tending to Purple, yielding a small pale coloured seed, somewhat long; the root is about the thickness of
ones

ones finger, having a woody pith within, of a bloody colour, dying whatsoever it toucheth.

The other kind hath more plenty of leaves, more hairy and woolly than the former, the stalks grow higher, having yellow Flowers, the root of a shining purple colour, yielding more juyce than the first.

The third kind hath a greater and more juicy root than the former, but the plant smaller, and the leaves narrower, the flowers red, like those of small Bugloss, the seeds are ash-colour, tasting like Bugloss; and the fourth kind is much like common Summer Savory, the flowers blueish or sky colour.

Names. It is called in Greek *ἰσχυρία*, from the Greek word *ἰσχυρὸν*, *Illinere* *Yucca*, vel *Pigmentis*, to colour or paint, because of its painting property; it is also called *Fucus herba*, and *Onoclea Buglossa Hispanica*, or Spanish Bugloss, or Orchanet and Alkanet in English, and in Shops likewise *Anchusa*.

Place and Time. They grow all naturally about Narbone and Montpelier in France, and may be had, especially the roots, at our Shops; yet Gerhard saith he found them in the Isle of Thanet in Kent, but that is contradicted by the Reviser. They flourish in the Summer Months, and best yield their juyce in Harvest time.

to Nature and Vertues. The roots are cold and dry according to Gallen; yet being endued with some bitterness, argues them not very cold; they cleanse cholerick humours, the leaves bind and dry, but not so powerfully as the roots. Culpepper calls this herb one of the darlings of Venus, I suppose because he hath heard the Madams us'd it to paint their faces, and likewise it is us'd by Gentlewomen to colour Syrrups, Waters, and Jellies, as is also Turnsole; and the root being us'd as a Pessary, draweth forth the dead Birth: the decoction inwardly drunk with Mead or hyemied water, cures the Yellow Jaundies,

dies, diseases of the Kinneys and Spleen, and is effectual in Agues : a Searcloth made with the root and oyl is good for Ulcers, and with parched Barley meal, it helps the Leprosie, Tetters and Ringworms, as saith Dioscorides. But Culpeper teacheth how to kill Serpents with it, which he saith is done, if any one hath newly eaten the root and spits in a Serpents mouth, the Serpent instantly dyes ; but this is as ridiculous as Culpeper himself : yet the decoction is said to drive out the Measels and small Pox, if it be drunk in the beginning with hot beer ; the leaves boiled in Wine and drunk, is good against the Laske, the root boiled in wine & sweet butter without salt till it is red, is good for bruises received by falls, and for green wounds made with pricks or thrusts. Make an ointment of it thus ; Take of Oyl Olive one pint, the root of Alkanet two ounces, Earth-worms purged twenty in number, boil them together, and keep it as a singular remedy for the use aforesaid.

Amara dulcis, Bitter-sweet, and Woody Nightshade is all one ; therefore vide Bitter-sweet.

Amaranthus, vide Blites, and Flower Gentle.

Anemonies. Herba venti.

Descri- These are of various kinds, altering as they
pion: T are often and frequently transplanted out of one Garden into another, for whose adornment they are most used, so that a further description is needless.

Names.] It is call'd in Greek *ανευων*, in Latine *Anemone*, and *Herba venti*, because it is reported these flowers never open but when the wind bloweth. The Gardeners commonly call them *Emonies*, and they are likewise called in English, Wind flowers.

Nature and Vertues.] They are of a sharp hot quality, biting the tongue, and of a binding quality ; the wild ones, called

called Pulsatilla's being stamp't and applyed, will eat into the skin; they are all taken to be a kind of Crowfoot.

The leaves of Anemonies boild in White-Wine, and the decoction drunk, powerfully provokes the Terms; the leaves and stalks being boiled with clean blanch'd Barley, encreaseth milk in Nurses, if they eat thereof: the juyce of the leaves snuffed up into the nose, or the root chewed in the mouth, purgeth the head mightily of watry and phlegmatick humours, by spitting, and being so used, is good for the Lethargy; they cure the Leprosie, the body being bathed with the decoction thereof; and an Oyntment thereof helps Inflammations of the Eyes, the eye-lids being anointed with it, and cleareth the sight by taking away the Web, or other spots therein: the same oyntment also cleanseth corroding Ulcers, being used for that purpose.

Artechokes. Cinara.

OF this Plant I need make no description, it's very well known to all that desire it.

Names, Place and Time.] It is call'd in Latine Cinara, in English, Artechokes. They are plentifully nourisht by our Gardners about London, & in Gentlemens Gardens in the Country: they are ripe in June, and will flower at the latter end of Summer, if they be suffered to stand.

Temperature and Vertues.] They are of a temperate nature, inclining to heat, certainly under the dominion of Venus, being great friends to venerious persons, by whom they are dressed after all the luxurious ways as may be thought on: they do mightily stir up lust by encreasing seed, and therefore are good for married persons, who are weak in the act of generation: they restore nature, and strengthen the stomach. The decoction of the young buds in wine provoke Urine, and tho' they increase seed, yet they stay the involuntary flowing thereof in dreams, or otherwise.

Affarabacca, Asarum.

Descri- T His plant riseth up with many heads shooting
 ption. from the roots, from whence spring the leaves, which are round much like a Violet leaf, but larger; they are of a dark green shining colour on the upper side, but paler underneath: There springeth up likewise amongst them round husks upon stalks, wherein are contain'd many small seeds, much like the seeds of Violets, but somewhat bigger.

Names, Place and Time. It is call'd by us commonly *Asarum*, and *Affarabacca*. It is planted frequently in our Gardens. Their seed is ripe about the beginning of July.

Temperature and Virtues. The leaves are hot, and dry, and purging having likewise a binding quality after it; the roots are more hot and dry than the leaves, a plant sure under the dominion of Mars. It is commonly given to Maids who are inclinable to the Green Sickness; to take the juyce of five or seven leaves in a little posset drink, or white-wine, doth both cause vomiting, and purgeth downwards, and by Urine, cleansing the body of choler and phlegm; being steep'd in Wine and drunk, it is good against the Dropsie and Jaundies, and helps continual Agues. A dram of the root in powder given in White-Wine a little before the fit of an Ague, at twice taking drives it away. A Conserve made of the flowers hereof, strengthens the memory, and the hearing: It helps likewise obstructions of the Liver and Spleen, being boiled in Whey; and the juyce thereof with a little Tutia, prepared and added to it, and dropped into the corners of the Eyes, helps the dimness and mistiness of them, and sharpens the sight.

Asparagus, Corrua.

Descri- I T groweth up at first with a round greenish
 ption. head, much like hops, so near that they may easily

easily be mistaken one for another ; afterwards they run up in long stalks, shooting out green leaves, like Fennel, but smaller ; at the joynts come forth yellowish flowers, after which come round green berries, which are red when they are ripe, and the seed is black : the roots are spongiouse, and full of small strings.

Names. [It is call'd in Latine *Corruda Asparagus*, and in English *Sperage* and *Sparagus*, by some *Sparagras*.

Places and Time. [It is nourished for a pleasant Sallet in our Gardens, the tender shoots being in their prime to be eaten in *April* and *May*. They flower about *July*, and have berries towards *Michaelmas*.

Temperature and Vertues. [*Sparagus* is of a fine temperate nature, a procurer of lust, yet expelling the Stone and Gravel from the Reins and Kidneys, provokes Urine, and helps the Strangury, helps pains in the Reins and Back : The root is good against the yellow Jaundies, falling Sickness, and fits of the Mother, and easeth pains of the Breast and Stomach, being boild in White-Wine, and the decoction drunk. The root doth much open, and provokes Urine, by which means it hath acquir'd the title of one of the five opening roots. The young shoots are as pleasant meat as any grows in Venus Garden, and are effectual for most of the purposes before-mentioned.

The Ash-Tree, Fraxinus.

THis is so well known to every one, it needs no Description.

Names. [It is called in Latine *Fraxinus*, and the fruit is called *Kitkeyes*.

Place and Time. [The Ash grows plentifully in most Woods, and other places of this Land, as in hedges, and walks where they have bin planted; yet of late they have bin wastfully destroy'd as well as other wood and timber,

ber. The leaves and flowers come forth about *April*, and the keyes are ripe about *September*.

Temperature and Vertues.] *This is a plant of Jupiter, the leaves and bark are temperately hot and dry, the seed hot and dry in the second degree : A Lye made of the Ashes of Aspen Bark, cureth scald, scabby, and Leprous Heads, they being bathed therewith ; the juyce of three or four leaves taken constantly every morning, prevents mens bodies from growing corpulent, or gross, and makes them lean that are fat : the leaves and bark being boiled in vinegar and water, stays vomiting, being laid upon the Stomach. The leaves, bark, and tender crops being boiled in Wine, and drunk, are singular good for the Droisie, the roots boiled in Ale, and drunk morning and evening, doth the same ; the leaves and bark being boiled in wine and drunk, do open the Liver and Spleen, and ease pains in the sides, and being boiled in oyl, and applyed outwardly, they work the same effect : the Keys are good to be used in dyet-drinks, for the purposes aforesaid, The decoction of the leaves in White-Wine do help the Jaundies, and break the Stone ; the seeds also, the husks being taken off, are good against Wind, and provoke Urine.*

Aspe, or Poplar Tree. Populus.

Descri-ption. I Shall not need to describe this Tree, you may know it well enough by the shaking of the leaves, which will quiver and tremble, tho' there be no wind ; and from thence comes a Proverb to say when one is affrighted, *That he trembles like an Aspen leaf.* There is two kinds, the white and the black Poplar, the black is most useful in Physick.

Names.] It is called Poplar, Asp, and Aspen Tree, in Latine *Populus*.

Place and Time.] It groweth plentifully in our Land, but in low and watry grounds ; the clammy buds thereof are

are gathered about the beginning of *April* to make the Oyntment called *Unguentum Populeon*.

Temperature and Vertues.] The clammy substance of the black Poplar is hot and dry, the white is of a watry warm nature, and of a cleansing quality; the Moon rules them both in Aries the first. The oyntment made of this plant before spoke of, is a fine cooler of Inflammations in any part of the body, it temperates the heat of Wounds, and is good to dry up milk in womens breasts. The juyce of the leaves of white Poplar being extracted and dropped into the Ears, caseth pains of them, and cures Ulcers in the Ears: The seed drunk in Vinegar, is held good against the Falling Sickness, and the water that drops from hollow places of the black Poplar, takes away Wheals, Pusles, Warts, and other such breakings out in the body.

Avens, Garyophillata.

Descri-**T**HE *Avens* rise up from the root with many ption. dark green leaves, winged and jagged about the edges; the stalks rise about a foot high, and are long and hairy, and shoot forth leaves at every joynt, which are not so long as the lower leaves, but cut in on the edges in three parts or more, on the tops of the branches sprout forth the flowers which are yellow, and have five leaves like the flowers of Cinquefoil, but they are larger: when the flower is fallen, it leaveth a small green head, which after groweth to be rough and round, and consisteth of many long purple greenish seeds, which will stick to your Clothes; the root hath many brownish fibres, smelling almost like Cloves.

Names.] It is call'd in Latine *Garyophillata*, from the scent of the Root; in English, *Avens* and *Herb Bennet*.

Place and Time.] *Avens* delight to grow most in shadowy places, and is to be found in many places under

hedge sides. They flower in May and June, and the seed is ripe in July.

Quality and Vertues.] *Avens* is hot and dry, of a purging quality, a Plant of the Sun, and a great Comforter of the heart; it is a good preservative against the Plague, or any other Poyson: it helps digestion, warms a cold Stomach, and opens the Liver and Spleen, the roots thereof in the Spring being steep'd in Wine, and drunk thereof every morning fasting: it also helpeth the Wind, Chollick, Fluxes, and is good for such as are troubled with Ruptures. The Decoction of the herb takes away spots in the face, it being washed therewith; the root may be dryed and kept in powder, having the same vertue as the Decoction. It expels crude humours from the Breast, Belly and Stomach; it dissolves congeal'd blood, and helps the spitting of Blood, and heals inward Wounds, and outward Wounds, if they be bath'd with the decoction thereof.

Assaetida, vide *Lasermort*.

Balme, *Milissa*.

Descri. *B* *Alme* groweth up with divers square green stalks, the leaves are dark green, pointed at the ends, and a little dented round about the edges, having a fragrant smell; the flowers are small and gaping, of a pale Carnation colour, the leaves and stalks dye every year, but the root abides in the ground, sprouting out fresh every Spring.

Names.] It is called in Latine *Melissa*, and in English *Balm*.

Place and Time. It groweth almost in every Country Housewives Garden, and flowers about August.

Nature and Vertues.] This is another Solar herb, hot and dry in the second degree, of some thinness of parts, and a purging quality, an herb appropriated to the Heart, against the passions whereof it is an Antidote: It maketh the heart mer-

ry, strengthens the Spirits, and is good against Swoonings and Faintings; it drives away passions arising from melancholly and burnt Phlegm: the water thereof, or rather a Conserve of the flowers, strengthens the Brain, helps Digestion, and comforts a cold Stomach, and is good against the Plague, it provokes the Terms, is good to sweeten a stinking breath; it is good in an Electuary for such as are troubled with difficulty of breathing. The Syrup of Balm is good in Feavers, strengthening the Heart and Stomach: the juice thereof with a little honey is good to clarify the sight; it is good to be used in baths to comfort the Joynts and Sinews, and easeth pains of the Gout: it is good against the bitings of mad Dogs, and stinging of venomous Creatures. In Oyls or Salves it is a good ingredient to heal green green Wounds.

The Barberry-Tree. *Oxyacantha*.

**Descri-
ption.** It riseth up with many slender stalks from the root, which grow sometimes to a great height, and of an ordinary bigness; the Bark is whitish in the outside, and yellow next the wood, it is full of prickly sharp thorns, the flowers are yellow, the fruit hangs in clusters upon a stalk or string, and are red when they be ripe, of a sowre tast, the root is yellow.

Names.] The Latines call it *Oxyacantha*, a term not well besitting it, in English Barberries.

Place and Time.] It groweth plentifully in Gardens, Orchards, and Clofes near dwelling houses, where it hath been planted; it hath been also found wild in hedge-rows, but I believe some Ditcher planted it there to mend his hedges instead of Thorns: They blossom in May, and the fruit is ripe in September about the latter end, or the beginning of October.

Quality and Vertues.] Venus owns this plant, (what-
ever Culpepper says) it is cold and moist in the second degree,
and

and of the fruit are made gallant cooling Medicines, both Conserues and Preserues; the leaves beat like to green sauce while they be young, cools hot stomachs, and hot burning Agues, procures appetite, cools the Liver, and helps Belching; so likewise doth the Conserue or Preserue of the Fruit, it represseth Choler, helps them that loath their meat, by procuring an appetite; it cools Inflammations of the mouth and throat, the mouth being gargled with some of the Conserue, dissolv'd in a little water and Vinegar, it stayeth rheumes and distillations, and fastens the gums and loose teeth; it stays the immoderate Flux of Womens Courses, kills Worms, being taken with a little Southernwood and Sugar: the decoction of the inner bark is effectual against the yellow Jaundies.

Barley.

IT is needless to say any thing more of this Grain here, but only of the Physical use, it's other vertues being sufficiently known to the Husbandman, and to the Brewer, and Alewife too; but these latter gain more by the Vices, attending it, then by it's Vertues.

Temperature and Vertues.] It is cooling and drying in the first degree, of a cleansing quality: Culpepper, as I remember, ascribes it to Venus; he would lay all the fault of drunkenness upon women. But, &c. Barley indeed, the water made thereof, and other things doth much nourish such as are troubled with Agues, Feavers, and hot Stomachs. The French Barley is much us'd for the diseases of the breast, and likewise in Feavers and other inward heats; as the heat of the Urine in a Gonorrhoea, or otherwise, it doth provoke Urine. The preparation of the barley water is thus; Take French Barley two ounces, boil it in two several waters, casting the water away, then boil it a third time in a quart of water to a pint and a half, adding Liquorish half an ounce, Violet leaves and Strawberry leaves, of each an handful sweeten it with sugar

or syrap of Violets: this is excellent in a Feaver or Surfeit, being timely used. Barley meal and Fleawort being boild in water, and made into a pultis with honey and oyl of Lillies, cures Tumors, and Swellings being applyed warm: A plaister made thereof with Tar, Wax, and Oyl, helpeth the hard swelling of the Kings Evil in the Throat, it easeth pains of the sides and stomach, and windiness of the Spleen, being boiled with Melilot, Cammomil flowers, and some Linseed, Fennigreek, and Rue in powder, and applyed warm to the sides. Barley meal boiled in Vinegar with some honey, and some dry Figs added thereunto, dissolveth hard Imposthumes, and excrescences growing upon the eye-lids, and assuageth Inflammations, being applyed thereunto.

Basil. Basilicum.

Descri-ption. **B**Asil springeth up with one stalk, shooting forth branches on every side, at the joynts grow the leaves, two at every joynt, which are of a pale green colour, and of a strong smell, they are somewhat round, a little pointed, and dented a little about the edges, the flowers stand at the tops of the branches, and are small and white, the seed is black.

Names.] It is called in Latine *Ocymum* and *Basilicum*, in English Basil.

Place and Time.] Basil is nourished only in Gardens with us, and flowers in the heat of Summer, the seed is soon ripe, the root perisheth at Winter, it must be new sown every year.

Nature and Vertues.] It is said to be hot in the second degree, but having a superfluous moisture. Culpepper rails at large against this herb, that it ought not to be taken inwardly; yet it may be corrected with oyl and vinegar, & eaten by women to dry up their milk; the same effect it hath being bruised & apply'd outwardly to the breasts: the much swelling there-
unto

unto, cauſeth the head-ach to thoſe who have a weak Brain; yet to thoſe whoſe brains are ſtronger, it comforts the brain, and purges the head; it procures ſpeedy delivery, and provokes Urine and the Terms; it is good againſt pains of the head and the Lethargy, being applyed with Oyl of Roſes, Mirtles, and Vinegar: the ſeeds are uſed to expel melancholly and comfort the Heart; and the juyce or ſeeds being bruised and put into the Noſtrils procureth ſneezing. The Herb uſed with honey takes away ſpots in the Face.

The Bay-Tree. *Laurus.*

THis is ſo well known it needs no deſcription. *Names.*] It is call'd in Latine *Laurus*, and the berries *Bacca Lauri*.

Places and Time.] It grows frequently in our Gardens, and is planted againſt Walls, delighting rather in the ſhade than the Sun, it keeps green all the year, the berries are ripe towards Winter.

Nature and Vertues.] Bays, both the leaves and berries, are hot and dry, a plant of Jupiter; the berries taken in powder with honey is good againſt infirmities of the breaſt, as Conſumptions, and ſhortneſs of breath; and likewise helps Wind, and the Chollick, and griping pains of the Belly: they provoke Urine, and are good againſt the Stone, and the windineſs of the Mother, they are good againſt poyſons, and the ſtinging of venomous beaſts; they open the Liver and Splæen, procure an Appetite, provoke womens Terms, cauſe ſpeedy delivery, and purge down the after-birth. A bath made of the Decoction of the leaves and berries, is good for women to ſit in for diſeaſes of the Womb and Mother, and obſtructions of the Courſes: the oyl of the berries is good to comfort the joynts againſt cold Aches, Cramps, Palsies, and benumbedneſs of any parts: the oyl or juyce of the berries dropped into the ears, helps deafneſs, and pains in the ears. Quick-ſilver

silver killed in they Oyl or juyce, helps the Itch, and Wheals or Scabs in the skin; the powder of them taken in white wine is good against Cramps, and contractions of the Sineres. The leaves may also be used for many of the purposes afore-said, and are excellent good three or four leaves in broth to comfort the stomach.

Beans. Faba.

I Shall not need to describe these neither, there being not scarce a boy or girl but well enough knows both the garden and field Beans, that is able to eat a Bean.

Names.] In Latine a bean is call'd *Faba*.

Place and Time.] The greater sort is planted in Gardens, the other small Beans are sown in Fields, and are meat for horses and hogs, & good to make malt with too. The garden beans are ripe in *June* and *July*, some earlier and some later, according as they are planted, serving for good strong food in Harvest.

Temperature and Vertues.] They are more used with us for food than *Physick*, and while they are green, they are held to be cold and moist, when dry, cold and dry; and the *Rhysical* uses are these; the distill'd water of the green shells is excellent good against the *Stone*, to be drunk in the mornings, and a little butter unsalted eaten therewith. Bean meal helpeth *Fellons*, *Boils*, *Bruises*, *Imposthumes*, and *Swellings* of *Kernels* about the *Ears*, being mixed with *Fennugreek* and *Honey*, and applyed to the place griev'd: The distilled water of the flowers cleanseth and beautifieth the *Face* and *skin*, and takes away spots and wrinkles thereof. A pultis made of bean flower oyl and vinegar, and applyed to the breasts of women which are swelled by abundance of milk, helpeth the swelling, and represseth the milk, dissolving the curdling thereof. A pultis being made with bean flower, wine oyl and vinegar, helpeth the swelling in the *Goads*, and being us'd with *Rose leaves*,
the

the white of an Egg, and a little Frankincense, it helps swellings, stripes, and watering eyes. Beans are also a Friend to Venus. And thus I shall leave them, hastning to proceed to their affinity, viz.

French Beans. Phaseolus.

Descri. **H**AVING now done with the English Bean, the *ption.* French or Kidney Bean in order follows; which also scarce needs a description, being now ordinary in Gardens: they grow up at first with one stalk, but afterwards are divided into several branches, out of which come long foot stalks, bearing three broad round and pointed green leaves, and must be supported with sticks or poles, growing much higher than garden Pease; the flowers are like pease blossoms, and vary in colour, like the Fruit, which are some white, some blackish, some striped; the bean is small, and much resembles a Kidney, from whence they have attain'd the name of Kidney beans. There is a kind that bears a Scarlet Flower, more planted for ornament than any thing else.

Names.] In Latine it is called *Phaseolus*, in English, French and Kidney Beans.

Place and Time.] They delight to grow in good ground, and must be planted about the latter end of April, or beginning of May,; for sooner the frost will destroy them: their fruit is ripe about August, and September, sometimes in July.

Temperature and Vertues.] Kidney beans are accounted hot and moist in the first degree, easie of digestion; they nourish much, encrease sperm, and are very Venerial; they excellently provoke Urine, and are great Friends to the Kidneys, they help shortness of breath by opening the Breast, and strengthen the Liver and Stomach, and a weak back: the dried beans in Winter may be boiled and eaten with butter as
pease

pease are, and being beaten to powder and given in White Wine, they are good against the Stone, and cleanse and strengthen the Kidneys, taking the quantity of a dram at a time. Bears-foot, vide Helebores.

Ladies Bedstraw. Gallium.

Descri-ption. Common Ladies Bedstraw springeth up with small square brown stalks, at the first standing upright; but when it cometh to its usual height, which is about a foot or half a yard, the tops lean a little downward, being usually branched out into divers parts full of joynts, with divers very fine small leaves at every one, set at equal distance like Woodroof, but a great deal less, and scarcely having any roughness at all; at the branches tops from several joynts do spring forth many long tufts of yellow flowers, standing very thick one above another, having four leaves apiece, smelling not unpleasant, yet strong and resinous: the seed is black and small, like poppey seed, and having two most usually joynted near together; the root is somewhat red, and hath many small threads fastned to it, by which it taketh fast hold of the earth, creeping a little way under it, and the heaviness of the flowers weigh the branches to the ground, that it taketh root again at the joynts thereof, whereby it most encreaseth. There is another kind called Common white-flowered Ladies Bedstraw. There are four other kinds which are found in Italy, Germany, and Candy, where I leave them.

Names. It is called in Greek γάλλιον, and γάλιον, and by some γαλθειον, and γαλδειον, from γάλα milk, because formerly they us'd it instead of Runnet to turn the milk into a curd for to make Cheese, for which it is said to serve very well; and therefore it is call'd Cheese Runnet, both here and beyond the Seas. The Latines call it also

Gall.

Gallium, and that with white flowers *Mollugo*, in *Engliſh*, Ladies Bedſtraw and Maids hair, from the fineneſs of the leaves.

Place and Time. The common Ladies Bedſtraw grows in dry Paſtures, Cloſes, and Meadows, and ſometimes in thoſe that are wet: the white flowred groweth in the Abby Orchard at *St. Albans*, and divers other places: they flower in *May* and *June*, and the ſeed is ripe in *July* and *Auguſt*.

Temperature and Verrues. The name of this plant attributes it to the dominion of *Venus*, but I judge *Mercury* is the chief ruler thereof; it challenges the preheminence above *Mugwort*, for preventing the ſore wearineſs of Travellers. The decoction of the herb and flowers uſ'd warm, is excellent good to bath the ſurbated Feet of Footmen and Lackies in hot weather, & alſo to liſſome and mollifie the ſtiffneſs and wearineſs of their joynts and ſinews, being bathed with the ſaid decoction; the ſame may be done with a oylment, or oyl made of the ſaid herb and flowers, which you may always keep in readineſs, which is available not only for the ſame purpoſe, but alſo for Burnings and Scaldings, and for the dry Scab and Itch in Children. The way to make the oyl, is by infuſing the herb & flowers in a ſufficient quantity of ſweet Oyl, and ſetting it in the heat of the Sun for ten or twelve days, as oyl of the flowers of *Camomile*, and other oyls by infuſion are made. The oylment you may make by boiling the flowers & herbs in hoggs Lard or Sallet Oyl, adding to it ſome melted Bees wax after it is ſtrained: either of theſe may be uſed for prevention before a Journey is taken; or afterwards, for a cure; firſt bath the feet with the decoction, & afterwards anoint them with either oyl or oylment; but you are not always ſure to have the herb and flowers in readineſs for a decoction; therefore you may be provided with the oyl or oylment, or both, which will ſerve your turn without it. The Germans praife this with
white

white flowers to make an excellent bath to strengthen and comfort the weak and weary Sinews, Arteries and Joynts. Some Cheshire dairy women use the other as is reported in their Runnet, for which cause it obtained the name of Cheese Runnet, as is said before. The decoction of the herb is likewise effectual being drunk, to provoke Urine; it helps to break the Stone, and to stay inward bleedings; and to heal inward wounds. The herb and flowers bruised and put into the nostrils, stayeth their bleeding, and so it doth the bleeding of wounds; and being applyed to the place that is burned, it draweth out the fire, and healeth it. Dioscorides reports that the Roots are good to stir up Lust, which vertue some also attribute to the flowers.

Beets. Sicula.

Descri-^{tion.} **T**Here are of Beets both white and red; the white is the most common, which springeth up with many whitish green great leaves next the ground, after cometh a strong ribbed stalk, bearing leaves almost to the top, the flowers grow in tufts which hang down their Heads, the seeds are cornered and prickly, the root great and long, and perisheth commonly the second year.

Names.] It is called in Latine Beta, and Sicula by some, in English Beets.

Place and Time.] They grow only with us where they are planted in Gardens, they continue green the first Winter, and afterwards flower in July, the seed is ripe in August.

Nature and Vertues.] The white Beet is temperate in heat and moisture, they loosen the belly and provoke Urine, and are good against bitings of venomous beasts: the juice thereof mixed with honey, &c. dropped into the ears, easeth the pains and noise thereof, and snuffed up into the nose, it recovereth a lost smelling: the decoction of the roots and leaves cleanse

the head of Scurf, Scales and Nits, helps the falling of the hair, helpeth Freckles, Spots, and kided heels if they be first rubbed over with salt Peter : it helps running Sores, Wheals, and Inflammations. They are likewise good against obstructions of the Liver and Spleen, and the juyce of them is good against the Head-ach and swimings of the Brain, being snuffed up into the nostrils, it purgeth the head by drawing forth Rheume, and being applyed to the Temples, it easeth pains, and helps inflammations of the Eyes : but if Beets be too frequently eaten, they offend the Stomach, and therefore are more effectual and best, being seldom used.

The Beech-Tree.

I Shall not need to take up room to describe this tree, he is very well known ; it is called in Latine *Fagus*, and the fruit *Nuces fagi*, in English Beech mast : the fruit is ripe towards Michaelmas.

Temperature and Vertues.] The leaves are cooling and astringent, the fruit hot and moist in the first degree, very astringent, a plant of Jupiter : The leaves are good for Ulcers, being boild to a pultis, or made into an oyntment when they are green, they are good for to take away Blisters and Gaults of the skin, and to discuss hot swellings. There is a water found standing in the hollow of old Beeches, which cureth the Itch, *as I have proved. The leaves

I have taken water out of an hollow Beech in Bramsill Park in Hamshire which hath cured the Itch. R. Turner, Anno, 1644.

are good to chew against Inflammations of the Gums and Lips. The decoction of the Leaves, Bark, Buds, or Husks in running water, stoppeth the overflowing of womens Courses, being sate over, and causeth the Matrix and Fundament that are fallen down to grow up to their right places : the decoction thereof in red wine with Cinamon and Sugar being

ing drunk doth the like; the mast or fruit being burned to ashes and mixed with honey is good for a scald head.

Water-Betony. *Betonica Aquatica.*

**Descri-
ption.** **W**ater-Betony springeth up with a square hard stalk, of a darkish green colour, shooting also forth broad dark green leaves, dented about the edges, commonly two at a joynt: at the joynts and at the top come forth flowers of a dark red colour, like a hood at top, and the lowermost part hanging gaping down, after which come small brownish round heads, the root is fibrous, and perisheth every winter.

Names.] It is called in Latine *Betonica Aquatica*, in English Water-Betony and Brook-Betony.

Place and Time.] It groweth plentifully in Brooks and Rivers sides, in moist ditches, in watery places, as about the Rivers side between *Hollshot-Bridge* and the Mill in *Hampshire*. They flower in July and August, and the seed is ripe in September.

Temperature and Vertues.] Some write that Water-Betony is hot and dry, but I rather judge it to be cold & dry, a Plant of Saturn, as its vertues and operations will demonstrate. I am sure it is a good cooler in Burnings and Scaldings; with it I cured ones Leg scalded all over, making the Medicine thus, Take fresh Hogs Lard, new Sheeps dung, and the leaves of Water-Betony, pound them in a Mortar, & make them into an Oynment. It is likewise good to dissolve swellings and hard knobs, being stamp't with Vinegar and apply'd three times a day. The seed is good for the Sciatica, being taken in Wine with Myrrhe and Pepper: the decoction of the leaves in Spring Water is good for all unkind heats, and is excellent to cure the Itch, Wheals and Pustles. The distilled water taketh away Sun-burnings, spots and redness of the Face; so do the leaves being stamp't and made into an Oyn-

ment with Cream: the juyce boyled with Honey, and Tents dipped therein, is effectual to cure old and new Sores. The ſeed is effectual to expel Worms out of the belly, a dram thereof at a time being taken in wine: the leaves ſtamped and applied to old ſpreading and corrupt ſores & Rocks healeth them, and the juyce of the herb being drunk, helps bleeding at noſe, and them that ſpit blood, and cures the ſore in the Throat: It is alſo commended for the Piles and Hemorrhoids, either applied outwardly, or the powder thereof drunk, or ſtrewed upon the griev'd place.

Wood-Betony. *Betonica.*

Deſcription. **W**ood-Betony ſpringeth up [with many leaves from the root, running up with a tender ſtalk of about an handful, and ſometimes more, the leaf groweth at the end thereof, and is ſomewhat broad and round at the end, of a darkiſh green colour, finely dented about the edges, the ſtalk runs up in the middle of theſe leaves a foot high, or more, upon which grows leaves by two and two at a joynt, which are far ſmaller then the lower leaves; the flowers grow with ſpiked heads on the top of the ſtalks, of a purple colour; the root is fibrous, the ſtalk periſheth, but the leaves growing from the root are to be found all Winter

Names.] In Latine it is called *Betonica*, Betony in Engliſh.

Place and Time.] It delights to grow in Woods and ſhady hedge-rows, in which places, if it be dry ground, you ſhall not miſs of it, and flowers in June and July.

Nature and Vertues.] This herb is hot and dry, almoſt to the ſecond degree, a plant of Jupiter in Aries, and is appropriated to the Head and Eyes; for the Infirmities whereof it is excellent, as alſo for the Breſt and Lungs, being boild in milk and drunk, it takes away pains in the head & eyes.

Pro:

Probatum, Some write it will cure those that are possest with Devils, or Frantick, being stamped and applyed to the forehead; being boiled in White-Wine with Vervain, Horehound, and Hyssop, and applyed hot, it cures the Megrim. The powder of the leaves drunk in Wine or Beer, or being eaten with slices of bread steeped in Wine, doth restore the Brain, helps noises and giddiness of the head; or being taken in pottage, it comforts the stomach, and helps digestion. A Conserve of the flowers, or an Electuary thereof helps the Jaundies, Palsie, falling Sickness, Convulsions, Gout, Dropries, and a continual Head-ach. The leaves or flowers may also be boiled in broth for the same purposes. An Electuary made of the powder with honey, cures Colds, Coughs, and the droppings of Rheume upon the Lungs which causeth Consumptions. The decoction of the herb in Metheglin with a little Penny-royal is good against Quartan Agues, and purgeth away superfluous humours falling into the Eyes: it likewise kills Worms, opens the Liver and spleen, cures Stitches and Gripings in the Bowels, and boiled in Wine; it likewise provokes the Terms, and purges the Belly, being mixt with honey; it helps fits of the Mother, and causes speedy delivery: and the quantity of a dram of it in powder taken in Syrup of Vinegar doth refresh those that are wearied by Travel, stayeth bleeding at the Nose, and helps those that spit or piss blood. Many are the Vertues of Betony, so that I shall conclude with the words I found in an old Manuscript, under the Vertues of it. More than all this hath bin proved of Betony.

¶ See more of this in the expert Doctors Dispensatory, written by P. Mortellus.

Bilberries, or Whorts. Vaccinia.

Descri-
tion. **T**His Shrub creepeth along upon the ground, seldom exceeding above half a yard high, having

having small dark green leaves, a little dented about the edges; at the foot of the leaves shoot forth the flowers, which are small, and of a pale bluish colour, the brims having five points, with a small reddish thred in the middle; after which come small round berries of a purple or blackish colour, of a sharp sweetish taste, the root spreads and creeps along in the ground, sprouting up in several places.

Names.] They are called in Latine *Vaccinia*, in English Bilberries, Whorts, and Whortle-Berries.

Places and Time.] They grow plentifully in dry Woods, and barren hilly places, and abundantly in the Woods near Gullford in Surry; so that the Countrey people make Pyes and Tarts of them as we do with other Fruits, and they taste almost like damson Tarts: They are ripe in June and July.

Quality and Vertues.] The Bilberries are cold in the second degree, and do a little bind and dry; the Berries are good for those that are troubled with an old Cough, or Ulcer in the Lungs; but offensive to those that have a cold or weak stomach; and therefore it is better for them to take it either in a Syrup made of the juyce, or a Conserve made of the Pulp; and thus they are effectual in hot Agues, and cool the heat of the Stomach and Liver, and do somewhat bind the Belly, and stayeth Vomiting and Loathings, and by its binding quality stayeth Lasks and Fluxes of Blood.

Bisul, or Twayblade. Bifolium.

Descri. **T**his Herb springeth up with a slender stem
 priou. or stalk, fat, and full of juyce from many
 small threddy strings fastned unto a small knot or root;
 about the middle whereof, are orderly placed two
 broad leaves, ribb'd much like Plantain leaves, at the top
 of the stalk groweth a slender greenish bush of many
 small

small flowers, resembling Flies or Knats, like the third kind of Serapio's, or female Goatstones; and indeed it is a kind of Serapio.

Names.] In Latine it is called *Bifolium* and *Ophris*, the English names are above.

Place and Time.] It loves Meadow and Marsh grounds, moist and shadowy places; flowers in *May* and *June*, and is soon gone like Orchis.

Nature and Vertues.] It inclines to cold and dryness, and is good in *Unguents* and *Balsoms* for green Wounds, and Burstings or Ruptures.

Blew-Bottle, or Corn Flower. *Cyanus*.

Descri-ption. **T**HERE may be reckoned up of these several kinds, as *Cyanus major*, *Vulgaris*, *Purpureus*, *Albus*, *Violaceus*, *Variegata*, That is great Blew-Bottle, or Corn flower, the common, the purple, the white, the violet colour, and the variable: These are all of a kin to the Corn Scabious, and useles in Physick, there being better Medicines more known: what defects soever these have, the Scabious supplies; therefore I'll say no more of it, but only that the common Blue-Bottle is reputed good against inflamed eyes, being of a cold Temperature.

Brank Ursine, or Bears-breech. *Acanthus*.

IT is a stranger in *England*, only the Garden kind called *Hortensis Acanthus* may be found in Physick Gardens, but is naturally a German plant, and is reckoned amongst the kinds of Thistles.

The Garden kind is call'd *Hortensis Acanthus*; the wild *Acanthus Stativus*; the one is a German, the other an Italian: yet *Gulpeppers* Romancer would make an English Physician of them.

Nature and Vertues.] The leaves hereof are of a mean Temperature, between hot and cold, of a mollifying and digesting faculty, and may be used for Limbs burnt with fire, or out of joynt, saith Dioscorides; and the decoction helps the Ptsick, and such as spit blood, or have bruised or overstrained themselves, as Comphrey Roots doth; and of the Roots are made a Plaster against the numness of the hands and feet; it is also used in Glisters, and the decoction of the leaves provoke Urine, stop the Belly, help the Rupture, Cramp, and such as spit blood.

Bendweed or Belflower. Campanella.

Descri-**T**He great blew Bindweed springeth up
ption. with many long and winding branches, winding it self contrary to the course of the Sun upon any thing that is near it: the leaves are round and pointed at the end like a Violet leaf, but larger, of a deep green colour. The flowers come forth on pretty long foot stalks two or three together, at the joynts of the branches where the leaves are set, at first long like a finger, of a pale whitish blue colour, but afterwards they grow broad like bells, and become of a deep blue, tending to purple, which after they are fallen away, the stalks whereon they stood bend downwards, and send forth husks, containing in them three or four seeds a piece, which are black, and about the bigness of a Tare, the roots are stringy, and dye every Winter.

Names.] The various kinds of this flower, or weed as it is more generally call'd, hath obtained several names, as in Greek *σμίλαξ λεῖα*, and in Latine *Smilax levis*, and because it windeth about whatever is next to it, it is called *Funus Arborum*, and *Campanella*, from the flowers resembling a little Bell. It is call'd also *Convolvulus*, *Orobanchæ*, with many other names, which for brevities sake I omit,

omit, and in *English*, Bindweed, Withwind, and Devils Gut, &c.

Places and Time.] They are taken into Gardens for the beauty of the flowers, and may be also found in Corn Fields: I mean the common Bindweed, and flower about the latter end of Summer, seldom perfecting their seed in *England*.

Temperature and Vertues.] Bindweeds are most of them hot and dry toward's the second degree: the decoction thereof in white-wine is a good remedy for the Chollick; it purgeth phlegmatick and melancholly humours, and killeth worms; yet it is apt to trouble the stomach, and cause Vomiting. The juyce of the black Bindweed being drunk, doth loosen the Belly, so doth the powder thereof drunk in Wine, or any other liquor: and Galen saith, the bruised Leaves applyed to Tumors and knots in the Flesh, dissolveth them. It is also said, that if any place where hair groweth, if it be anointed with the juyce hereof, after the hair is plucked up by the roots, it suffereth it not to grow there any more.

Bitter-sweet, or Woody Nightshade.

Amara dulcis.

Descri- tion. IT springeth up with many slender, woody, winding brittle stalks, about a mans height, sometimes higher, folding it self about any thing it is next unto, without any claspsers at all, having a whitish rough bark, and a pith in the middle, sending forth branches on every side; green while they are young, and so are the new shoots of those that are elder. The leaves are somewhat like unto those of Nightshade, but that they are pointed at the ends, and grow disorderly upon the stalks, having usually growing upon the footstalks between the leaf and the branch, two small leaves, or pieces of leaves like

like little wings, of a pale green colour, but some of them have but one, and some none: at the tops and sides of the branches upon short footstalks come forth the flowers, standing many together, like a long Umbel one above another, consisting of five narrow and long leaves of a Violet purple colour, with a long gold yellow pointel sticking forth in the middle; after which come round and somewhat long berries, green at first, but red and full of juyce when they are ripe, of an unpleasant taste, yet sweet at first, having many flat white seeds in them; the root groweth not very great, but spreadeth it self with many strings under the ground.

Names.] In Greek γλυκυπικρον, *Amara dulcis* in Latine, because the Bark being chewed, tastes first bitter and sweet afterwards; it is also called *Solanum Lignosum*, in English Bitter-sweet, Woody Nightshade and Felonwort, because it cureth Felons in the Fingers.

Place and Time.] It grows by Ditches sides and hedge whereon it runneth flowers about July, and the Berries are ripe in August.

Nature and Vertues.] The Leaves and Berries are hot and dry, cleansing and wasting away, and if they must have a peculiar master, let Mars have them: tho' Culpepper ascribes it to Mercury, because it cures Witchcraft, but Mars may be as great a Witch as Mercury. The leaves or Berries of Bitter-sweet bruised and stamp'd with rusty bacon, or Hogs greafe, & apply'd to Felons on the joynts of the fingers is a speedy remedy for the same: The leaves and tender branches being infused in three pints of White-Wine in a pot close cover'd over the fire for the space of twelve hours, and afterwards being strain'd and drunk about a quarter of a pint in a morning, many mornings together, is us'd with success to open obstructions of the Liver, Gall and Spleen, for the yellow and black Jaundies, and to cleanse women newly brought

to bed, and is also available for difficulty of breathing, and congeal'd blood in any part of the Body, bruises and falls, and is good against the Dropsie, gently purging away waterish, and other humours, both by Urine and Stool: It is likewise good against putrid Feavers and Ague, for Ruptures and Wounds, and when any Bone is broken, or out of joynt. By a specifick property being hung about the neck, it removeth such sudden distempers as swimming in the Head, or giddiness; and therefore, as Tragus saith, the German Shepherds hang it about their Sheeps necks when they are troubled with a swimming in the head, causing them to turn round: but this is far from Witch-craft.

The Birch Tree. *Betula.*

**Descri-
ption.** **T**His tree in many places groweth to be a tall streight tree, with many Boughs and slender branches, bending downwards; the elder groweth with a rough chapped bark, the younger are browner and smother; the leaves at first are crumpled, but after they are fully out, they are smooth, and of a fine smell: it beareth Catkins wherein the seed is contained.

Names. It is call'd in Latine *Betula*, in English Birch.

Place and Time. They grow frequently and plentifully in most Countries of this Land, as in the Woods of Hampshire in Danmore, at Holshot; but in some Countries, as in Oxford and Northamptonshire, it is a rarity: the Catkins come forth in April, and the seed is ripe in September.

Quality and Vertues. The leaves are cooling, but the Bark and Catkins are hot. The decoction of the inner bark doth drive down the Terms and Afterbirth, and cleanseth the Womb from superfluities; the juyce, or distilled water of the young leaves, or the water that issueth out of the tree, being boyled with an augre, taken either before or after it is distilled again,

again, is effectual to break the Stone in the Kidneys and Bladder, and to wash sore Mouths; for which a Lye made of the inner bark is effectual.

Birthwort. Aristolochia.

*Descri-
ption.* **T**He ordinary Birthwort shooteth forth divers long square stalks a foot long, or thereabouts, with many yellowish green leaves; at every joyn with the leaves from the middle of the stalk upwards groweth one long hollow flower, broader at the top than at the bottom, of a brownish yellow colour, after the Flower cometh a fruit much like a Walnut, when the green shell is off, which openeth into three parts when it is ripe, wherein is the seed flat and round, separated by certain skins, the root is round & tuberous.

Names. In Latine it is call'd *Aristolochia*, in English Birthwort.

Place and Time. That with the long root groweth naturally in England, about Reading; but that with the round is found only in the Physick Garden at Oxford, and other places of Rarities: they grow naturally in Spain and Italy, and about Montpelier, where they flower and seed in May, June and July.

Quality and Vertues. It is hot and dry in the second degree, the root causeth speedy delivery in women, expels the Afterbirth, and provokes the Terms: it purgeth phlegm and choller, and expels wind, and is good against diseases of the Breast, Spleen, Stomach, Brain and Nerves, Convulsion, Ruptures, shortness of Breath, and Falling Sickness, and cold Agues. The decoction thereof cures Ulcers of the secret parts; the powder hereof cleanseth the teeth: if it be mixt with the powder of the roots of Flower de Luce and Honey, it cleanseth and healeth old rotten Ulcers; the powder hereof maketh the Teeth white, being rubbed therewith. It cures the

the Cancer and Polypus in the Nose, being mixt with Lime, powder of Aloes, and Honey, and made into an Oyntment with a little Wine, and Tents dipped therein, and put into the Nostril. And though that with the round root grow not in England, yet you may have it at your Druggists, by whom it is called *Aristolochia vera & Rotunda.*

Bishops-Weeds. Ammi.

Desription. **I**t springeth up with a round strait stalk, three or four foot high, having divers long and somewhat broad leaves cut in divers places, and dented about the edges, growing on each side the foot stalk one against another, of a fresh green colour; it beareth Umbels of white flowers, which bring a small round brown seed, of a hot scent and taste; the root is white and fibrous, perishing every year.

Names.] It is called in Latine *Ammos*, and *Ammi*, in English, Bishops-weed, Herb-William, and Bulwort of some.

Place and Time.] It grows in divers places of England and Wales, namely by the hedges sides between Greenhythe and Gravesend, they flower in June and July, and seed in August.

Quality and Virtues.] Bishops-weed, especially the seeds is hot and dry in the third degree. Culpepper ascribes it to Venus, because it stirs up lust. I think Mars may do it as well as she; but besides this it is useful to dissolve Wind, and ease the Chollick; being taken in wine, and to provoke Urine and Womens Terms, and profitable against the bitings of venomous Beasts, and is successful to be used in Medicines made of Cantharides, by quallifying their corroding operation upon the passages of the Urine; it takes away black and blue marks caus'd by blows or bruises, being mixed with Honey is applied: and being drunk or applyed outwardly, it abates the

the redneſſe of the face and noſe, cauſ'd by drinking an other wiſe, being given with Raiſins, as Wormſeed is to Children: it cleaſeth the Matrix, and ſo it doth, the ſume being received, mixed with Roſin.

Biftort, or Snakeweed: Biſtorta.

Form.] **T**His herb hath a thick ſhort knobbed root, blackiſh without and reddiſh within, crooked or wreathed together, of a harſh aſtringent taſt, with divers blackiſh fibres thereon; from whence ariſeth divers leaves upon long ſoft ſtalks, much like a dock leaf, a little pointed at the ends, of a blueiſh green on the upper ſide, and of an Aſh colour gray and a little purpliſh underneath, having many veins therein: the ſtalks are ſmall and ſlender, about half a yard high, growing without leaves, which beareth a ſpiky head of pale ſleth coloured flowers, which produceth ſmall ſeed like unto Sorrel ſeed, but greater.

Names.] It is call'd Biſtorta, and Serpentaria, in Engliſh Biſtort and Snakeweed.

Place and Time.] It grows in ſhadowy places at the foot of hills in moiſt Grounds and Meadows. I have found it in the Meadows by Wickomb in Buckinghamſhire. It flowers in May, and the ſeed is ripe in July.

Nature and Vertues.] It is hot and dry in the third degree, and aſtringent; it is good againſt the biting of Snakes and Serpents, from whence it got its name, and the poiſon of Roges, Spiders, and other venomous Creatures, if the place be waſh'd with the diſtill'd water of the roots and leaves. It ſtayes all fluxes, cures inward bleeding, and ſpitting of blood, and ſtopping the powder of the root being taken in Wine, or the decoction being drunk: the ſauce is good againſt the Polypus, and other ſores of the noſe; both the Leaves and Roots reſiſt Poiſon. The Root in powder taken in drink, the

quan-

quantity of a dram at a time, expels the venom of the Plague, small Pox, Measels, Purples, and other Infectious Diseases, driving it out by sweating: The Root in powder, or the decoction thereof being drunk, helps Ruptures and Bruises, dissolving congeal'd blood. The decoction in Wine bindeth Abortion, the leaves kill worms in Children, and helps them that cannot hold their Water, if some juyce of Plantain be added thereto, and outwardly applyed; it helps the running of the Reins: a dram of the root in powder taken in the water thereof, wherein some steel bath been quenched, is effectual for the same, the body being first purged. The decoction of the whole plant is good for wounds or sores; the decoction of the roots in water with some Pomegranate Pills and Flowers is a good injection, to reduce the Matrix to its right place, and stop the overflowing of the Courses; the Roots will keep good a year or two. The dose in powder is from a Scruple to a Dram in decoction, from one dram to two or three, which may be made in posset drink, bruising the root only.

¶ See more of this in *Adam in Eden*, by W. Cole.

Blackthorn, or Sloebush. *Spinus*.

THE Black Thorn is very well known to every boy for its Sloes, so that it needs no further description. *Names.* It is called in Latine *Spinus*, in English Black-Thorn, and the Sloe Tree.

Place and Time. They grow plentifully in Hedges, rows in most places of this Land; they flower usually in March, if the Spring be forward, yet the Sloes are not ripe till October Frosts bite them.

Nature and Vertues. Both the Sloe Tree and Fruit is cooling, drying, and the Sloes howsoever us'd are effectual against Lasks, Looseness and Fluxes of blood, either in men or Women: the decoction of the bark of the root performeth the like effects, and easeth pains in the Sides, Bowels, and

Guts, that come by overmuch Scouring or Looseness; the Conserve hath the same effect: the distill'd water of the flower steeped one night in Sack and drawn therefrom in a body of glass, easeth gnawings in the stomach, sides and Bowels, to drink a small quantity when they are troubled therewith. Sloes being stamped and tun'd up in an earthen pot with new Ale, and so drunk, helps pains in the Breast, and the decoction of the bark is good against pissing in bed. The distilled water of the green Sloes, and Flowers, as also the decoction of the green leaves is good to wash a sore Mouth or Throat, and to stay distillations of Rheum in the Eyes, and to ease hot pains of the Head, the Forehead, and Temples, being bathed therewith.

¶ See more of this in the Art of Simpling: written by W. Coles.

Blites. Blitus.

THere are two kinds of Blites, white and red, the white groweth up two or three foot, the leaves are somewhat like Beets, but smaller, rounder, and of a whitish green colour; the Flowers grow on the tops, in long tufts or clusters, wherein is contained a small round seed, the roots is fibrous.

Names. It is called in Latine *Blitus*, and *Blitum*, in English Blite and Blites.

Place and Time. Both sorts are found wild in many places of this Land, and are also nourish'd in some Gardens: they flourish all Summer, seeds about August or September, and continues green all Winter.

Quality and Vertues. Blites are cold and moist in the second degree, under the dominion of Venus; their Physical use is to restrain Fluxes of blood, either in man or woman; the red stayeth the Reds, and the white the Whites in women:

The

The white Blite is proved a delightful bait to Fishes, as Anglers say.

Bloodwort. Vide Docks.

Borrage. Borrageo.

THE Garden Borrage is so well known, it needs no Description. Borrage is the Latine name thereof. *Place and Time.* It grows plentifully in Gardens in most places of this Land, and flowers in July and August. *Quality and Vertues.* Borrage is one of Jupiters Cordials, hot and moist in the first degree, all parts of it are cordial, and do expel sadness and melancholly; it cleanseth the blood, and is effectual in putrid and pestilential Feavers to defend the Heart. The juyce made into a Syrup is good for the same purpose, and cleanseth the blood, and tempers the heat thereof; the conserve of the flowers good for the same purposes, and is a good Cordial for such as are in Consumptions; it comforts the Heart and Spirits, and is therefore good for those that are troubled with Swoonings and Passions of the heart. The distill'd water is effectual for the same purposes, and helps Inflammations and redness in the Eyes, they being washt therewith. The herb in Summer being boild with some other Sallet Herb, is an excellent Sallet, and grateful to the Stomach, being eaten with Butter and Vinegar.

The Bramble Bush. Rubus.

I Shall not need to describe this Bush; if you go by a Hedge it will be acquainted with you, if it can lay hold of your Cloathes.

Names. The Greeks call it *βῆτος*, Batus, in Latine; Rubus and Senti, of some Cynosbatus, in English Bramble, and Black-berry-bush; the fruit Blackberries, which are called in Shops *Mora Bati*.

Place and Time. It is a companion for every hedge almost;

most; it flowers in July, and the berries are ripe towards Michaelmas.

Temperature and Vertues.] *The Leaves, Root, and Berries of the Bramble are all of an astringent quality; tis a plant of Mars, and is good to stop Fluxes and Lasks, and the decoction of the flowers or unripe fruit, helps spitting of blood, they also help Ulcers and sores of the Mouth and Throat: the Leaves likewise are good to make Lotions for the sores of the mouth and privy parts, and to heal a cut finger too: the powder of the root expels the Stone and Gravel of the Reins and Kidneys; the berries or flowers are good against the poison of venomous Serpents. The decoction of them bind the belly, and stop the over-flowing of womens Courses; the juyce of the ripe berries being drunk, and the pumish of them (out of which is strained) being outwardly apply'd to swellings in the neck and Throat, is a speedy remedy for those Distempers. The distill'd water of the flowers and fruit is good in Feavers and heat of the Body. A syrup of the ripe berries may be kept all the year for the purposes aforesaid.*

¶ See further in *The expert Doctors Dispensatory*: by P. Mortellus.

Bryony. Brionia.

**Descri-
ption.** **T**Here are two sorts of Briony growing here in England, the white Bryony or wild Vine, and the black Bryony; the white Briony springeth up with long tender stalks, with many clasping tendrils, by which it catcheth hold and clambereth on those things that are near it; the leaves are like our Vine leaves, but more hairy and whiter of colour: the flowers be white and small, consisting of five leaves a-piece, the berries grow in clusters, and are green at first, but red when they are ripe, the root groweth very big, and is bitter.

Names.]

Names.] The Latine name is *Bryonia*, in English Bryony and wild Vine. Some call the white root English Jollap, and use it instead thereof.

Place and Time.] It grows in Hedge-rows and Coppices in many of our Countries, and flowers in May, and the berries be ripe in Autumn.

Quality and Vertues.] The white Bryony is chiefly used in Physick, and is hot and dry in the third degree or more, an herb of Mars; it purgeth with great violence being taken alone, but a scruple or two of the powder of the root with a third part of Cynamon and Ginger, being drunk in White-Wine, draweth away water abundantly both by Vomit and Stool, and therefore is good for the Dropsie: The compound water of Bryony, a spoonful being taken at a time, easeth the fits of the Mother, expels After-birth, and cleanseth the Womb: so likewise doth a Pessary of the root, and also draweth forth the dead Child, it provokes Urine and purgeth the Reins and Bladder, opens obstructions of the Spleen, draweth away Phlegm and Rheums from the Head and Brain, and therefore is profitable in the falling Sicknes and swimming of the Head; the juyce applyed cleanseth the skin from the Morpew and Leprosie; the root is good against the bitings of venomous Creatures, kills worms, and is good against the Kings Evil, the juyce being taken with equal parts of Wine and Honey: the Berries and distilled water are good to take away spots and freckles in the face.

¶ See more of this in *The Art of Simpling*: by W. G.

Brookelime. Becabunga.

Descri-ption. **B**rookelime groweth up with thick stalks, parted into divers branches, the leaves are broad, thick, and smooth, like Purslane leaves, but of a darker green colour, growing up by couples upon the stalks: the flowers are of a blue colour, and grow upon

tender foot stalks, the root is white, having five string^s fastned thereto at every joynt.

Names.] It is usually called in Latine *Berabunga*, in English Brookelime.

Places and Time.] It groweth in small Brooks, Ditches, and standing Waters; it flowers in June and July.

Temperature and Vertues.] It is of a temperate moist quality, some say dry; Culpepper ascribes it to Mars, but I am sure then his Logick is false, for it groweth not in martial places: I rather give Venus the rule of it. It is good against Dropsies and Scurvies, and is used in Spring time in water-Gruel to purge the body from ill humours, and to cleanse the Blood; it is also used with Water-cresses and other herbs for the same purpose: it is helpful to break the stone in the Kidneys & Bladder, provokes Urine, and womens Courses, and expels the dead Birth; it helps the Strangury, and heals inward scabs in the Bladder, the juyce being drunk in wine: being fryed wth butter and vinegar, and applyed warm, it helps Tumors, and St. Anthonies fire being often renewed.

Butchers Broom. *Bruscus*.

*Descri-
ption.*] **T**His groweth up somewhat more than a foot high, with a tough round stalk which spreadeth into divers green branches, the leaves are of a dark green colour, hard and prickly at the ends, it giveth a whitish green flower, consisting of four round pointed leaves, after which comes a round berry, which is red when it is ripe; the root is thick, white, and great at the head, from whence shooteth divers thick white tough strings.

Names.] In Latine it is called *Ruscus*, and *Bruscus*, in English it is called Knee-holme, Knee-holly, and Butchers broom, because Butchers use it to cleanse their Stalls, and keep Flyes away from the mear.

Places

Places and Time.] It grows plentifully in dry waste grounds and near Holly-Bushes, you may often find it in most places of this Land in dry light ground: The berries are ripe about September, and the leaves abide green all the Winter.

Quality and Vertues.] The roots which are chiefly used in Physick are moderately hot and dry, with a thin quality; it is one of the five opening roots, and doth open obstructions, provokes urine, expels gravel and the stone, helpeth the Strangury, drives down the Terms, cleanseth the breast of phlegm, and the Chest of clammy humours, being taken with honey: the berries may be us'd in Electuaries for the same purpose. The juyce being drunk, and a pultis made of the berries and leaves being apply'd, is effectual in knitting broken bones, or parts out of joynt. In diseases of the Rheins and Bladder, a decoction of the five opening roots is thus made; Take of this root, and the roots of Parsly, Fennil, Smallage, and Grass, of each a like quantity, and boil them in White-Wine, and drink the decoction, respect beeing had to the strength of the Patient, in making it stronger or weaker. It may also be made in Water for want of Wine, and sweetned with sugar.

Broom, and Broomrape. Genista.

THe Broom needs no description, the Broomrape springeth up from the roots of the Broom, in form like unto Bastard Orchis, called Birds nest, having a root like a Turnip or Rape.

Names.] It is called in Latine *Genista*, and the broomrape, *Rapum Genistæ*.

Place and Time.] Broom delights to grow in dry grounds, and quickly over runs whole Fields, if they lye a little untill'd. My Fathers grounds at *Holshot* in *Hampshire* are never free from it altogether; it flowers about the latter end of Summer.

Quality and Vertues.] Broom is hot and dry in the second degree, cleanseth and openeth, purgeth phlegmatick and watry humours, is very good for the Dropsie and Green Sickness, and for the Gout, Sciatica, and other pains of the Joynts, helps the swellings of the Spleen, provokes Urine, and thereby cleanseth the Reins, Kidneys and Bladder, and breaketh the Stone; the powder of the leaves and seeds taken in Wine, cures the black Jaundies: and a conserve of the flowers is good against the Kings Evil, the distill'd water is good for the same. The flowers made into an Oyntment with Hogs Grease, cures pains in the Knees the swellings of the Kings Evil, Wind, and Stitches in the sides, being apply'd thereto, and the bitings of venomous Creatures. The Oyl of the roots cleanseth the body from freckles; the pickled buds stir up an appetite to meat, opens the Spleen, and provokes Urine: the Broom Rape infused in Oyl, and set in the Sun for certain days, makes an Oyl to take away Wheals and pushes from the face, or any other part of the body.

Buckshorn Plantain. Herba stella.

Descri- tion.] IT groweth up at first with small long narrow green leaves like Grass, the leaves that follow are galhed on each side, like the snags of a Bucks Horn, and when they are thorow grown, they lye upon the ground round the root like a Star, from which rise up divers stalks with spiky heads like common Plantain; the root is small, with divers fibres hanging thereto.

Names.] It's called in Latine, *Cornu Cervinum, Herba stella, and Sanguinaria.*

Place and Time.] It delights to grow in dry sandy Grounds, and flowers in the Summer months; the leaves keep green all the Winter.

Quality and Vertues.] It is cooling, drying, & astringent, the decoction in Wine strengthneth the Reins and Back, and cool.

cooleth the heat of the Reins and Kidneys; wherefore it is good for those that are troubled with the stone: it helps the bloody Flux, and Lasks of the belly, and other bleeding, helps the Chollick, breaks the fits of Agues, stayeth bleedings at the Nose, and the decoction either in ale or wine, stayeth the distillations of hot and sharp Rheums from the Head to the Eyes: this is a plant under the dominion of Saturn.

Of Bugle. *Consolida media.*

Descri- Bugle hath larger leaves than Self-heal, but
ption. not much different, some green on the upper side, others more brownish, somewhat hairy and dented about the edges, the stalk is square and hairy, about a foot high, the leaves stand by couples, and from about the middle of the stalk to the top, stand the flowers which are bluish, and some of an ash colour, like those of ground Ivy; the seeds are small, round, and blackish, the roots like those of penny-royal.

Names.] It is called in Latine *Consolida media*, *Buglam*, and *Bugula*.

Place and Time.] It groweth in wet Coppes, and moist Fields, and flowers from May to July, the root abides many years.

Quality and Vertues.] It is temperately hot and dry, and somewhat binding, an herb of Venus; it wonderfully cures Ulcers and Sores, whether new or old, the leaves being bruised and apply'd: the iuyce made into a Lotion with honey and aloes, cures sores of the Mouth and Gums, and all sores and Ulcers of the privy parts: the decoction in wine dissolves congealed blood, and helps inward bruises and wounds, and is a special herb in wound Drinks, and for those that are Liver grown. Take Bugle, Scabious, and Sanicle, boil them in hogs grease till the herbs be dry, then strain it, and keep it for a singular Oyntment for all sorts of hurts in the body.

Bugloss. Buglossum.

THis needs no description, it's Latine name is *Buglossum*; and for it's Vertues I shall refer it to Borrage, they are both excellent cordial Herbs, under the dominion of *Jupiter*, strengtheners of the heart and lungs, and breast: An Electuary may be made of Bugloss roots for the Cough, and to condensate and expectorate thin Phlegm, and Rheumatick distillations upon the Lungs.

Vipers Bugloss. Echium.

**Descri-
ption.** **T**His springeth up with many rough leaves, lying on the ground, the stalks are rough, hard, prickly, spotted like a Vipers skin, the leaves long, rough and hairy, of a sad green, the middle rib for the most part white; the flowers grow in spiky heads on the tops of the stalks of a purple violet colour, the seeds are blackish cornered like a Vipers head, the root is woody, but perisheth every Winter.

Names.] The Greeks call it *Εχίον*, some Latines *Echium*, and *Buglossum silvestre* *Hypericum*, Vipers Bugloss.

Place and Time.] It grows wild in many places of this Land, flowers and seeds about the middle of Summer.

Temperature and Vertues.] It is Cold and dry, yet the seeds and roots are good to expel Melancholly, temper the blood, and allay hot fits of Agues, procure milk in womens Breasts, easeth pains of the Reins and Kidneys, helps bitings of venomous creatures, is effectual against poison, and poisonous herbs. The distilled water being used inwardly or outwardly, as occasion serves; a syrup may likewise be made thereof, which is good to expel sadness, and comfort the heart.

¶ See further in *The Art of Simpling*: by W. Coles.
Bur.

Burnet. Pimpinella.

Descri-ption. **T**His small herb sendeth forth divers long winged leaves finely dented about the edges, green on the upper side, and grayish underneath, set on each side with a middle rib; the stalks rise about a foot high, of a brown colour, the flowers are small, of a purplish colour, the seed cornered, the root small, long and blackish, with some fibres.

Names.] Some call it in Latine *Pimpinella*, and *Pampinula*, and *Sanguisorba*.

Place and Time.] It groweth wild in most dry hilly grounds, as all along the way almost between *Gravesend* and *Rocheſter*, and is also nourished in Gardens; it flowers in *June* and *July*, and the seed is ripe in *August*.

Nature and Vertues.] *Burnet* is hot and dry in the second degree, a plant of the Sun, a great friend to the heart, and principal members, quickens the spirits, and expels melancholy, defends the heart from infection, the juce being taken in some proper drink, and the party sweating thereupon: It stops fluxes of Blood, Scourings, and the overflowing of womens Courses and the whites, helps chollerick belchings of the Stomach, and is a singular good wound herb; and in Summer a little of this herb being put in a glass of Claret, gives it a pleasing relish.

Burdock and Butter-burre. Bardana.

Form. **B**utter-burre sendeth forth his flowers before the leaves like *Coltsfoot*, which grow upon a thick stalk, of a deep red colour, they quickly fall away, then come the leaves which grow bigger than the *Burdock*, of a pale green colour above, and hoary underneath; the root is blackish with out, and white in the inside, of a bitter taste.

Names.]

Names.] The *Burdock* is called in shops *Bardana*, and *Lappa major*, the Butter-burre *Petasites*.

Place and Time.] They grow plentifully by Brooks, Ditches, and High-way sides, delighting in good ground; the flowers and burrs come forth in *July*, and the seed is ripe in *September*; the Butter-burr flowers in *March*, and the leaves spring up in *April*.

Nature and Vertues.] The *Burdock* leaves are moderately cold and dry; the butter-burr hot and dry in the second degree: the *Burdock* leaves reduce the matrix to its right place, by drawing it up or down, applying the leaves to the crown of the head, or soles of the feet, according as it is displaced; they are good for Sores and Ulcers, to ease pains in the Sinews and Arteries, and the Gout; it helps fisted heels, being bruised with the white of an Egg, it takes the fire out of burnings: the juyce of the roots drunk in wine, helps the bitings of Serpents, and being beaten with a little salt and applyed to the place, it gives present ease; it also provokes Urine, helps Stitches, Consumptions and Ulcers of the Lungs: the root drunk in Malmsey with a little Nutmeg, stays the running of the Reins, the Whites, and strengthens the back; the young stalks increase seed, being eaten raw with salt and pepper, or boiled.

The Butter-burr roots taken with Zeadory and Angelica, helps fits of the Mither, provokes the Courses, Urine, and kills worms in the belly, and are effectual against pestilential diseases, by provoking sweat: and the decoction in Wine helps those that are short winded.

Cabbage and Coleworts.

If we labour more than needs to describe these, or give them any other names; their places are in well manur'd Gardens. We proceed to their Nature and Vertues.

Cabbages are of a drying astringent quality, salt or nitrous, yielding small nourishment, and ingendring melancholly blood: the decoction of them drunk with honey helps hoarseness, allayeth the swellings, and takes away the pains of gouty knees and legs, it helps old sores, pushes, and wheals in the skin; the leaves draw abundantly, and therefore are good for filthy sores: the decoction of the flowers provokes the terms. The juyce boyled with honey, and dropped into the eye, clears the sight, consumes Films, and the Canker growing therein. *Gerhard* commends a raw Cabbage leaf to be eaten fasting against an involuntary Gonorrhoea.

Calamint Calamintha.

Deseri-^{ption.} **T**His Herb seldom grows above a foot high, the stalk is square and woody, with two small leaves at a joynt, a little dented about the edges, of a quick scent; the flowers grow from the middle of the stalk to the top, of a pale bluish colour: the seeds round and blackish, the root abides in the ground many years.

Names.] In Latine *Calamintha*, in English *Calamint*, and *Mountain mint*.

Place and Time.] It groweth plentifully in hilly dry grounds, flower and seed about July.

Nature and Vertues.] It is hot and dry near the third degree, of a biting taste, an herb of *Mars*, it opens obstructions of the Liver, and cures hardness of the Spleen, helps overflowing of the Gall, the Tertian Ague, and old Coughs; it drives down womens Courses, helps the yellow Jaundies, and stays Vomiting, being taken in wine; it provokes Urine, helps Ruptures, Cramps, shortness of breath, and inward pains proceeding from Choller.

¶ See further in *Adam in Eden*: by *W. Coles*.

Calamus Aromaticus, or sweet Flag.

THis groweth not with us in any great quantity, no not in our Gardens, but in *Turkie* and *Agypt*, and those Countries it is very plentiful; it may be had at our Druggists: wherefore I shall name its Vertues.

The roots are hot and dry in the second degree, of thin parts, they provoke Urine, helps diseases of the Reins and Bladder, easeth pains of the sides, Liver, Breast, Cholicke, and Cramp, the decoction being taken in Wine; the powder of the roots strengthen a cold weak Stomach, and so they do preserve with Sugar or Honey.

Camphire. Camphora.

THis is a tear or gum, dropping out of a tree in *India*; it is reputed to be cold and dry in the third degree, yet there are different opinions about its temperature of a very strong scent: it is available for the running of the Reins, and the whites in women; it cools the heat of the Liver, resisteth putrefaction, and fortifies the heart in contagious Diseases, taken in Electuary or otherwise. In all inflammations it is good, cools heat of Wounds & Ulcers: the dose of it inwardly is five or six grains. It hath been found effectual in Agues, being sowed in a cloth, and with a thread hung about the neck, so that it might lye just upon the pit of the Stomach.

Camock, or Rest-harrow. Resta bovis.

Form. **C**Amock groweth up with woody stalks, and small roundish leaves of a dark green colour, having prickly thorns when they grow old; the flower grows at top like perse blossoms, after which come small pods; the seed is small and round, the root blackish and tough, growing deep in the ground.

Names.]

Names.] It is called *Resta boris*, and *Remora aratri*.

Place and Time.] It groweth in many fields and good grounds, and is not easily weeded out; it flowers in July, and the seed is ripe in August.

Quality and Vertues.] The root according to Gallen is hot in the third degree, and tho it be unprofitable to the Husbandman, the decoction in Vinegar helps the Tooth-ache of Rheume; the powder taken many days together in Wine consumes the fleshly Rupture: the decoction opens the Liver and Spleen, helps the Jaundies, Hemorrhoides, and Piles, expels gravel and the Stone: the decoction in Oximel is good for the falling Sicknes. The fixed salt of the whole plant is excellent good for the Stone.

Cammomile. Cammomilla.

THis grows so common upon every green and watry place it needs no description; it is called in Latine *Camomilla* and *Gotula*; it is also nourished in Gardens, both to make pleasant Banks, and also for its Physical uses.

Quality and Virtues.] *Cammomile* is hot and dry in the first degree, as Gallen saith, moderately healing and drying, a Solar herb. *Camomile* is profitable for Agues, proceeding of Phlegm and Melancholly: the decoction thereof helps the Chollick, pains in the sides, drives down womens Courses, provokes Urine and Sweat, and expels cold humours; it comforts the Sinews, and mollifies swellings, helps the Jaundies and Dropsie: the oyl made of the Flowers is good against cold Aches and outward pains.

Capers. Caparis.

THese grow upon a prickly shrub in Arabia, Italy, and Spain, they are called in Latine *Caparis*; the bark of the roots is extream bitter: it cleanseth and purgeth,

cut;

cutteth and digesterh, the Capers are hot. The Capers we have here pickled, cause appetite, open the Liver and Spleen, consume old Phlegm in the Stomach : the Oyl of Capers is good against the Rickets, Hypochondryack melancholly, and pains in the sides and Spleen.

Cardamomes. Cardamomum.

They grow in the *East Indies* upon a small Tree which beareth them in husks, and are brought hither for their use in Physick.

They are hot and dry in the third degree, astringent ; they are called *Grana Paradisi*, and *Cardamomum* : In English grains of Paradise, and Cardamomes : they are good against the Cardiack passion, and distempers of the Stomach, it draweth forth watry humours from the head and stomach, being chewed in the mouth ; it comforts the stomach, and expels the shaking fits of Agues, it provokes Urine, resisteth poison, and expels wind, it is profitable against the falling Sicknes and pains in the belly, a dram thereof in powder drunk at a time in wine.

Of Carrots.

OF these there is the Garden manur'd Carrot, fit for food, and the wild Carrot for Physick ; the garden kind needs no description, the wild groweth much like the Garden kind, but the leaves are whiter and rougher, so are the stalk, which bear tufts of white flowers, with a deep purple spot in the middle ; when the flowers begin to grow ripe, the whole umbel looks like a Birds nest : the root is small, long and hard, sharp and strong : it groweth plentifully by hedge sides, and untill'd places, flower & seed about the beginning of *August*.

Temperature and Vertues.] *The roots are hot and moist temperately, the seeds hot and dry.*

The seed of Carrots expels wind, helps gripings of the belly and the Collick, provokes Urine, and womens Courses. The seeds or powder of the root of the wild Carrot drunk in wine, helps hurts by venomous beasts, resists poyson, and the pestilence, it provokes Venery, and helpeth Conception.

Cassia Fistula.

THis is the fruit of an *Indian Tree*, and is to be had at our Druggists; it is hot and moist in the first degree. *Cassia* purgeth the Reins and Kidneys, and cooleth and cleanseth them; it likewise brings forth the Gravel and Stone; it's effectual against all chollerick and melancholly diseases, being taken with Rubarb, Anniseeds, and Liquorish; it cleanseth the Stomach, Liver, and misentery Veins from choller and phlegm, clearing the blood and cooling it, and is profitable in all hot Agues and Feavers.

Celandine. Chelidonia.

Descri-ption. **T**His herb springeth up with divers round whitish green stalks, with great joynts, very brittle, whence grow branches with tender long leaves gath'd on the edges of a blueish green colour, the stalks are full of a yellow sap, at the tops of the branches grow the flowers of a yellow colour, after which come small long pods with blackish seeds; the root is thick and knobby, yielding a gold coloured juyce.

Names.] It is called in Latine *Chelidonia*.

Place and Time.] It groweth under old walls by hedges sides, and untill'd places: it flowers all Summer, the seed ripening in the mean time.

Nature and Vertues.] It is hot and dry, an herb of the Sun, and excellent for the Eyes: the herb gathered Sol in Leo, and in trine to the Moon, and made into an ointment with

with Hogs suet, is an excellent medicine for sore Eyes, or any Film or cloudiness thereof: the yellow juyce or sap rubbed upon warts soon takes them away. It likewise heals Tetters or Ringworms. The decoction of the herb or roots in wine, opens the Liver and Gall, and helps the yellow Jaundies. The juyce or distilled water with a little sugar taken fasting, is good against the Pestilence, it easeth pains of the Teeth, the mouth being gargled with the juyce or decoction thereof. The juyce mixed with Brimstone, cures the Itch, Morpew, and discolourings of the skin and Sun-burnings. It is likewise good for the Tooth-ach.

Centory. Centaurium.

THIS plant is divided into two kinds, the greater and lesser; the last is most used in Physick, whose description take as followeth.

The Form.] The lesser Centory groweth up with a round crested stalk about half a foot high, at the top branching into many sprigs, whence comes an umbel of pale red flowers, which open in the day time, and shut at night; the seed grows in little husks, the leaves are small and roundish, the root small and hard.

Names.] There is *Centaurium magnus*, and *Centaurium minus*, which are the Latine Names of both.

Places and Time.] The lesser groweth almost every where in Fields, Pastures, and Woods, in the high way going from Putney to Kingston. They flower in July, and seed in August.

Nature and Vertues.] The greater is hot and dry in the third degree, the lesser in the second degree, both bitter herbs of Mars. The decoction of the lesser Centory in wine or ale, helps gripings in the belly, the Chollick, Costiveness, and Worms; it purges phlegm and Choller, and provokes sweat, helps Agues, the jaundies, opens the Liver, Gall and Spleen;

it helps the Dropsie, green Sicknes, and provokes the Terms, it is effectual in pains of the Joynts, Cramps and Convulsions. The decoction in water provokes appetite, cleanseth the Stomach and Breast, and purgeth the Back and Reins. It is a good ingredient in wound drinks, it helps the Strangury, and is good against the biting of venomous creatures, a draw of the root taken in powder, and the Wound washed with the decoction thereof.

Ceterach, Vide Spleenwort.

Of the Cherry Tree. *Cerasus.*

THO there be many sorts of Cherries, as black, red, white, and red hart-Cherries; yet I think they are all so well known, I shall not need make any description thereof.

Names.] The Latine name is *Cerasus*.

Place and Time.] Some of them grow wild in hedges, as I have seen them in *Hampshire* in *Kent*, which Countrey is the most plentiful place for Cherry Gardens; They are ripe in *May*, *June* and *July*.

Nature and Vertues.] They are cold and moist in the first degree, plants of *Venus*, they cool and loosen the belly, and slack thirst: the black strengthen the stomach, and being dried stop Lasks. The distilled water of them with the stones bruised, is good to be given to them that have the falling Sicknes, provokes Urine, and breaks Wind. The Gum dissolved in wine and drunk, helps the Gravel and Stone, is good for the Cough and Hoarseness, and encoriations of the Throat, Lungs and Breast: the preserved Cherries are good in feverish, hot, and thirsty diseases.

Chervil. Cerefolium.

Descri-ption. **C**Hervil groweth up at first like Parsley, the leaves jagged like Hemlock, of a whitish

whitish green colour, the stalk riseth half a yard high, and beareth white flowers; the seeds are sharp pointed and blackish, the root is small and long, and perisheth every year after it hath born seed.

Names.] Its common name in Latine is *Cereseolum*, or *Cherisolum*, in English Chervil.

Place and Time.] It is planted in Gardens, and is a good sallet herb at first while it is young and tender, and groweth also wild in many places, the seed will be ripe about June; and being sown again presently, will spring again and be a good sallet in Autumn.

Nature and Vertues.] Chervil is moderately hot and dry, it provokes Urine, and easeth the pricking pains of the Stone, and openeth inward obstructions, it warms the Stomach, and the decoction thereof provokes sleep, it provokes the Terms, is effectual against the Plurisie, and pricking pains in the sides; and according to Pliny, the root beaten with Mallows draweth forth splinters out of the flesh: it is an herb of Mars.

The Chesnut Tree. Castanea.

Descri-ption. **T**His groweth to be a tall Tree, bearing great rough dented leaves, and bloometh forth long Catkins in the Spring, of a greenish yellow colour; the fruit is enclosed in a prickly husk, which openeth when they grow ripe, and the Nut appeareth covered with a brown husk,

Names.] *Castanea*, and *Castaneum*, are the usual Latine names thereof, in English Chesnuts.

Places and Time.] They grow wild in the Woods in Kent, and in the Hedges in the Road to Canterbury; yet in other Countries of this Land are planted in Orchards and Gardens: the fruit is ripe about Michaelmas time.

Nature and Vertues.] Chesnuts are dry and astringent,
in

in a mean between hot and cold, a plant of Jupiter, they are very windy, yet nourish much, and are said to stir up Venerie; the Nuts being powder'd and made into an Electuary with honey, is effectual for the Cough, bloody Flux, spitting of blood, or any Lask or looseness; they are hard of digestion, and immoderately eaten, cause the Head-ach: the same powder mixed with Barly Meal and Vinegar, helps swellings of the Breasts, and unnatural Blastings. The best way to correct their windiness is to prick them with a needle and roast them.

Chickweed. Alsine.

Descri-ption. **T**His herb runneth along upon the ground with many tender branches full of joynts, and at every joynt cometh forth two smooth green leaves, from which sprout out other branches like the former, the flowers are small and white, after which comes the seed in little knobs; the root is all strings like hairs: and if you break the stalks gently, you shall perceive a little sinew in the middle thereof.

Names.] The Greeks call it *αλσίνη*, and the Latines the same, namely *Alsine*, anciently it hath been called *Hippia*.

Place and Time.] It delights to grow in shadowy and moist places, it flowers in the Spring, and the seed is ripe soon after.

Nature and Vertues.] *Chickweed* is cold, moist & watry, of the Moons temperature; it is good to cool the heat of the Liver, being bruised and outwardly applyed to the Region thereof, or wet cloaths dipt in the juyce thereof, and renewed as they dry: the decoction cooleth the blood in Agues, Hectick Fevers, Stomach and Liver, and cools the heat of the back & urine. The juyce taken in White-Wine or Ale five days together, first and last is effectual for the Jaundies; it is effectual

to ripen *Imposthumes* and swellings, being apply'd pultiswise with mallow roots, and the powder of Fenugreek and Linseed, with Hogs Lard, and asswages generally all pains in the body, proceeding of heat : the juyce or distilled water is good for Pustles, inflamed Eyes, and the heat and sharpness of the Piles.

Sweet Cicely. Myrrhis.

Descri-^{tion}. THE ordinary Garden sweet Cicely hath leaves somewhat like Fern, but not so high, but they taste as sweet as Anniseeds ; the flowers grow in white umbels on the top of the stalks, after which come small black seed, which taste like the leaf of Anniseed ; the root tastes stronger than either herb or seed, and is long, growing deep, and lasting many years.

Names.] The Greeks call it *Myrrhis*, and *Myrrhá*, to do the Latines ; the English Sweet Cicely, sweet Chervil, and Sweet Fern.

Place and Time.] It is planted with us in Gardens, flowers in May, and the seed is ripe in July.

Nature and Vertues.] It is hot in the second degree, having thinness of parts : This plant of Sol is excellent good for the Ptisick and Consumptions, and diseases of the Lungs, being boil'd in broath, and eaten, it expectorates Phlegm from the breast, warms a cold stomach, is a good sallet herb, and the root boil'd and eaten with oyl and vinegar, produceth the like effects : The candid root is excellent against the Plague, and infections. This herb procures appetite, expels wind, provokes the Terms, and expels a dead Child, and the After-birth, provokes Urine ; and the root sliced and steeped in White-Wine all night, gently purges, being drunk in the morning with a little Sugar.

¶ See more of this in *Adam in Eden*, by Will. Coles.

Cinque-

Cinquefoil. Pentaphyllum.

Descri- ption. I Suppose this Herb needs little description, being well known, it runs along upon the ground with small strings, which shoot out small leaves, growing five together, sometimes seven. The flowers are yellow, the seeds small and brownish, and the root little and fibrous.

Names.] The Latines call it *Pentaphyllum*, and *Quinque-folium*, in English, five leaved Grass, and five fingered Grass.

Place and Time.] It grows by Ditches and High-way sides, and in low grounds, and flowers from the beginning of May till the end of June, and may be found green all Winter.

Nature and Vertues.] The herb and root is hot and dry, but the root more than the herb, a plant of Mars. Culpepper affirms a scruple hereof given in white-wine or vinegar, never misses cure of an Ague of what kind soever in three fits: but my experience proves the contrary. It restrains Fluxes and bleeding at Nose, the juyce drunk in Ale or red Wine, and the root or herb applyed to the nose; it is good against venoms and infections, resisting putrefaction. The roots boiled in milk stays the whites, reds, and bloody Flux, but you must drink the milk then: the juyce with honey helps hoarseness, is good against the Cough of the Lungs, the Quinzeys, yellow Jaundies, and falling Sickness, and the decoction of the root is good against the Tooth-ach, being held in the mouth.

Cynamon. Cynamomum.

THis outlandish Bark needs no description here; the Latine name is *Cynamomum*, it is hot and dry in the third degree, and is aromatical. The Chymical water hereof comforts all the vital parts, helps passions of the heart,

*ease*th the wind Chollick, provokes Terms, strengthens the retentive faculty, is good against a Looseness, Dropsies, and cold and moist diseases ; it causes a good colour in the face, (let old and cold folks use it rho.) Cynamon is an excellent spice, and the Chymical Oyl thereof comforts the Stomach, helps pains of the Breast, and causes good digestion, but it must be carefully used ; if it be mixed with honey it takes away spots in the face.

Gives, Vide Leeks.

Clarey. Horminum.

I Need not describe it, my Countrywomen so frequently planting it in their Gardens for theirs and their Husbands backs.

Names.] The Latines call it *Horminum*, and *Geminalis* of some.

Place and Time.] Gardens is the place, it flowers and seeds about the latter end of Summer.

Nature and Vertues.] *Clary* is hot and dry in the third degree, a plant of Sol, and is good against diseases of the eyes, the seed powder'd and apply'd, being mixt with honey, its a great strengthner of the back and reins, it brings down the Terms and Secondine ; the muscilage of the seed takes away Tumors and Swellings, and draweth forth splinters and thorns, it provokes venery ; but the overmuch eating of it hurts the head and brain : the powder of the leaves snuffed into the nostrils, purges the head and brain by sneezing : the herb is good for cold and moist stomachs, and the purposes aforesaid being fryed in Tanjies.

Cleavers, or Goosegrass. Aparine.

Cleavers is well known.

The Names.] It is called in Greek and Latine *Aparine*, and by Pliny *Lappa minor*, and *asperugo* ; in English

Clea-

Cleavers, Clivers, and Goosegrafs, because young Goslings feed on it.

Places and Time.] It runs up by hedge sides, and hangs to what grows next it; it flowers in June and July, and the seed is ripe in August, which soweth it self.

Nature and Vertues.] Cleavers are of thin parts, indifferently hot and dry, an herb of Mars; the young herb boiled in Water-Grewel in the Spring cleanses the blood, and strengthens the Liver. An unguent made of the Herb with Hogs suet, helps Wens, the Kings Evil, and Paps swollen with curdled milk. The distilled Water, and the decoction helps the yellow Jaundies, drunk twice a day, and stops Fluxes. The juyce dropped into the Ears takes away the pains of them; the juyce or bruised leaves applied to a green Wound, stops the bleeding, and closes it up; so doth the powder thereof, and helpeth old Ulcers.

Cloves. Caryophyllus.

THis aromatical Indian Fruit doth much comfort the Head, Heart, and vital parts, they strengthen Nature, break Wind, and stir up Venery, helps Fluxes of the Belly, is good against Infection, and stays Vomiting; the chymical oyl is good in a Quartain Ague, and weakness of the Stomach, and for the Head-ach, two or three drops given in Beer or Wine, or other drink, it easeth the Tooth-ach: let old and phlegmatick persons use it; young people and cholerick are to refrain it.

Clove Gilly-flowers. Caryophyllus flos.

THis Cordial flower is well known.

Nature and Vertues.] It is a temperate flower, no way exceeding in heat or dryness, cold or moisture, a plant of Sol; the Conserve and Syrup of the flowers are gallant cordials, comforting the heart, it resisteth the Plague, or any Pe-

nome, it strengthens nature, and is good against Consumptions : the flowers pickled are an excellent sauce, & stir up appetite; being set in a glass in the Sun in vinegar, they make a good vinegar to preserve from Pestilence, and revive one in a swoon, the Temples and Nostrils being washt therewith,

¶ See further in *Adam in Eden* : by W. Coles.

Clowns Woundwort. *Sideritis*

**Descri-
ption.** IT springs up with square rough green stalks near two foot high, at every joynt grow two long narrow dark green leaves, sharp at the point, and bluntly dented about the edges; the flowers compass the stalks towards the top, and grow to a spiky head, of a purplish colour, having long gaping hoods, with some white spots in them; the seeds are round and blackish, the root is fibrous, with some tuberous knobs among them, both herb and root have a strong smell much like stinking horehound.

Names.] Gerhard, as I remember, saith, he gave it the name of Clowns-wort from a Clownish answer he had of a man that had cut his Leg with a Sithe; and it is called *Panax Coloni* in Latine, and *Sideritis*.

Places and Time.] It grows by Ditches sides in most places of this Land, flowers in *August*, and the seed is ripe in *September*.

Nature and Vertues.] It is dry in the first degree, and reputed hot in the second, of an earthy Saturnine quality, it doth cure green wounds, and closes them up to admiration, being stamped with Hogs Lard, and applyed thereunto; it stanches blood, and dries up Fluxes of humours in old Ulcers : a syrup made thereof, and taken inwardly, heals inward wounds, veins broken, spitting, pissing, or vomiting blood, and stays the bloody Flux. A Plaister or Unguent of the Herb, and some Comphrey with it, helps swollen Veins, and consolidates

Solidates a cut muscle, and is excellent for Ruptures of the Belly, being applied to the place.

Columbines. Aquilina.

Descri-ption. **T**Here are Columbines of several colours, as white flowers, purple, and carnation colour, with divers others; but they are so generally known I shall describe it no further.

Names. **]** No good Latine name can I find for it, yet it is termed *Aquileia*, *Aquilina*, and *Aquilegia*; the only English name *Columbines*.

Place and Time. **]** I have seen both the white and purple coloured grow wild in our Meadows in *Hampshire*, where the ground is somewhat dry: as in a place call'd *Gassen Mead* in *Holshot*; but they frequently grow in Gardens: they flower about the beginning of *May*, and are gone by the end of *June*.

Nature and Vertues. **]** They are temperately cold and dry, moderately digestive, a plant of *Venus*, and sympathizingly cures sore Throats, Canker, and the Kings Evil, the leaves boild in milk, and given to the party affected: the seeds drunk in Ale is good for the *Quinzey*, it also heals inflammations of the mouth and jaws: a dram of the seed and half a penny weight of saffron drunk in Wine, and the party covered to sweat, opens the Liver, and is good against jaundies. The decoction of the herb and root with some *Ambergrease* added, helps Swoonings. The seed drunk in wine causes speedy delivery, and the juyce is good in the beginning of a *Phrenzy*, the patient eating with it pottage of *Sage*, *Valerian*, and *Rue*.

Of Coloquintida, or the bitter Gourd.

THis out-landish Indian Plant is hot and dry in the third degree, very bitter of taste, and strongly purging,

ing; it may be taken to purge phlegm, by strong bodies, being corrected with oyl of Roses, Gum Tragacanth, and Ginger, which will help the griping pains, it will cause if taken alone; but being thus made up with Rose-water into pills or trochis, it purges viscus humours, tough, phlegm and choller, and water from the brain, lungs and breast, and therefore is good against Fluxes of Rheum, Apoplexy, Falling Sickness, and swimming of the Head, the Jaundies, old Coughs, and rotten putrid Fevers, the Chollick and Dropsie: the decoction thereof in Vinegar easeth pains of the Teeth, they being washed therewith, being steeped in vinegar, it helps the Morbhen, Scurf and Scabs: in Glisters which is the safest way, it may be given thus; take the pulp hereof two drams, Camomile flowers, M. i. Anniseed, Commiseed, of each $\frac{3}{4}$. ss. make hereof a decoction in fair water, and in a pint thereof dissolve honey of Roses, and oyl of Camomile, each $\frac{3}{4}$ iii. The dose otherwise is from five grains to ten.

Colts-foot. Tussilago.

THis pectoral plant is well known, only hardly observed in this, that it sendeth forth its flowers before its leaves.

Names.] *Tussilago* is the common Latine name, Foal's-foot, and Colts foot, the English, because the leaves resemble a Horses foot.

Place and Time.] It loves to grow in moist and low Grounds, in good Ground; it flowers in the end of March, and beginning of April, the flowers and stalks quickly fade away, afterwards come the leaves which abide green all Summer.

Nature and Vertues.] It is cooling and drying being fresh, but when the moisture is evaporated, it inclines to heat, and driness; it is an herb of Venus, very effectual for infirmities of the Lungs, wheezing, and shortness of breath: the
leaves

leaves taken like Tobacco, draws away thin Rheums, distilling upon the Lungs, and helps the Cough: the distilled water with Elder Flowers is good against hot Agues, to drink about two ounces at a time; it likewise helps hot swellings, inflammations, as St. Anthonies fire, and cools the heat of the Piles, clothes being wet therein and applyed; it likewise takes away hot Pulses and Wheals.

¶ See further in *Adam in Eden*: by W. Coles.

Comfrey. Consolida.

THis Herb I suppose needs no description, being generally known.

Names.] It is called *Consolida*, of which there is *major* and *minor*, the greater and lesser Confound. Comfrey is the greater, and is so called from consolidating or knitting together, which faculty it hath, and is therefore called also Knit-back, or Backwort, because it binds and strengthens the back.

Place and Time.] It grows in meadows by rivers sides, and ditches in fruitful grounds, as near *Debtford* in *Kent* it grows in abundance; it is also planted in Gardens, they flower in *May* and *June*, and seed in *August*.

Nature and Vertues.] It is of a cold drying binding Saturnine quality, it is very good for the back, and running of the Reins, being boiled and eaten with butter and Vinegar, it is a very good Sallet; some boil it and eat it with Bacon, which way it is also effectual for the aforesaid purpose; it stops Fluxes, inward or outward bleeding, and the Terms: the decoction of the roots being drunk, it heals inward wounds and ulcers of the Lungs, it stops the Reds, and Whites; the Syrup is effectual for all the said purposes, and the distill'd water is good to wash wounds and sores. The roots bruised and applyed, is good to close together the lips of green Wounds, and stayeth the the bleeding of Piles and Hemorrhoides,

merrhoides, and cools the Inflammations thereof; it likewise eases the pains of the Gout, being so applied.

Walter Caltrops. Tribulus Aquaticus.

Descri- **T**hey rise with long slender stalks from the bottom of the water, and float above the water; the root is long and greater towards the top of the water than the bottom, having tassels full of small strings on the stem: the leaves are large and round, notched a little about the edges, somewhat resembling Poplar or Elme leaves: the fruit groweth in prickly heads which are hard, sharp, & triangular, wherein is contain'd a white kernel, in taste like Chestnuts.

Names.] The Greeks call it *τεῖβυλλος ἑρυσος*, the Latines, *Tribulus Aquaticus*, *Tribulus Lacustris*, and Apothecaries, *Tribulus Marinus*, in English Caltrop Saligot, and Water Nuts, and the fruit is called *Gastania Aquatilis*, or Water Chestnuts.

Place and Time.] It groweth in lakes, standing waters, & Springs, in Germany, Brabant, and the Low Countries; so that being an outlandish Plant, I would not have troubled the Reader with a description, but to acquaint him that 'tis thrust in by the writer of that book, called, Culpeppers English Physician enlarged, amongst the English Plants, as a great many more are, both Outlandish and useless: yet there is a small kind hereof call'd small Frogs Lettice, which bears small whitish flowers, consisting of four leaves apiece, which groweth in the River by Droxford in Hampshire, always continuing under the water, and is green both Winter and Summer, they all flower in June and July.

Nature and Vertues.] Caltrops are of a cold and moist nature, so that a pultis made thereof is good against inflammations and hot swellings, and being boild with Honey and water, it cures the Cankers of the mouth, sore Gums, and the
al.

almonds of the Throat, knobs and swellings, and the Kings Evil: the green nuts drunk with wine is good for the Stone and Gravel, and a powder thereof binds the belly, and is good for them that piss blood. The same urink with wine resists poiso, venome, and bitings of venomous creatures, and the herb applied outwardly helps venomous bitings.

Campions, Wild Lychnis.

There are divers kinds hereof, both wild and in Gardens; *Lychnis silvestris purpurea*, call'd red Batchelors Buttons, and *Lychnis alba*, white batchelors Buttons: they are useles in Physick, yet Culpeppers Writer will ascribe them to Saturn, and saith, The decoction stays inward bleedings, and the herb outwardly apply'd doth the like, and that being drunk, it provokes Urine, expels the Gravel and Stone in the Reins and Kidneys, and two drams of the seed drunk in wine purgeth chollerick humours, helps venomous bitings, and may be effectual for the Plague, and that the herb is useful in old Sores, Ulcers, and the like, to cleanse and heal them: All this may be true for any thing either he or I know to the contrary. Indeed most of the kinds hereof, except the two first named, are strangers in England, and are only planted in Gardens for the beauty of the flowers.

Cardus Benedictus, Vide Holy Thistle.

Carawayes. Carui.

Descri-
ption. Caraway hath fine cut leaves much like Carrot leaves, but not so blushing, lying on the ground in divers stalks, of a quick taste, among which riseth up a square stalk, not so high as the Carrot, having the like leaves at the joynts, but smaller and finer, having at the top small open umbels of white flowers, which produce a small blackish seed less then Anniseed,
and

and hotter in taste: the root is somewhat like a Parsnip, but much less, and hath a more wrinkled bark, and a little hottish taste.

Names.] The Greeks call it $\kappa\alpha\iota\sigma$; in Latine *Caros*, *Carum*, and *Caruum*, and in the Shops *Carui*, in English Caraway and Carawayes.

Place and Time.] It is sown in our English Gardens, flowers in June and July, and the seed is ripe soon after.

Nature and Vertues.] The seeds are most used in Physick, and according to Gallen are hot and dry almost in the third degree, of a moderate sharp quality: the herb may be eaten raw with other herbs in Sallets, or boiled, and the roots may be boild and eaten as Parsnips; they break wind, comfort the stomach, and help digestion. The herb, or seed and herb bruised and apply'd hot in a cloath or bag to the bottom of the belly, eases the wind Challick, and is good against hot swellings. The seeds eaten alone, or mixt with meat or medicine comfort the stomach, break wind, and help digestion, for which purpose also they are used to be put into bread: they also help cold griefs in the head, windiness in the Bowels and Mother, and used to be mixt with purgative medicines to correct their windiness; it also provokes Urine, helps the Cough, and is good against the Phrensey and venomous bitings, being put into a poultis it takes away black and blew spots which come by blows or bruises: and used with allom it helps Scabs, Tetters, and falling off the hair.

Earth Chest-nuts. *Nucula terrestris.*

*Descri-
ption.* **T**His root is round and knobbed, with some bunchings out, brown without and white within, tasting much like a Chestnut, but sweeter, from whence springeth up small crested stalks about a foot high, whereon grow leaves next the ground like Parsley leaves,

leaves, but finer, and towards the top like dill: The flowers are white, and stand at the tops of the stalks in spoky rundels like the tops of dill. The seeds not much unlike Fennel seed, but much smaller, growing together by couples, having a good smell.

Names.] It is called *Nucula terrestris*, and *Bolbocastanon*, which is also the Greek name; in English Earth Nuts, Kipper Nuts, and Pig Nuts: I suppose because Hogs will greedily dig after them.

Place and Time.] They grow in dry Pastures and Corn Fields by the hedge rows, as at *Holshot* in *Hampshire*, at *Kensington*, *Paddington*, and divers other places about *London*: they flower in *June* and *July*, perfecting their seed soon after, the stalk dyes at *Winter*. The roots are best in season about *February* and *March*, before they begin to spring forth their branches.

Nature and Vertues.] The roots are moderately hot and dry, the seeds hotter and dryer, both seed and root provoke *Urine*, the root is good for them that spit or piss blood, eaten either raw or roasted: The Dutch eat them boiled and buttered as we do *Turnips*, and being so dressed and eaten, they comfort the *Stomach*, nourish the *Kidneys* and *Bladder*, and increase seed.

¶ See further in *The expert Doctors Dispensatory*: by *P. Mortellus*.

Cich. Pease, or Cicers. Cicer.

A Description is needless of these outlandish Tares, there is a Garden kind thereof sown in some of our *London* Gardens, but not common; they are all sown in the Fields in *Spain*, *Italy*, and *France*, to feed their Cattle in *Winter*, as we do Tares and Vetches.

The Garden Cich is windy, and is said to provoke lust, & increase seed; the broth of them wastes the Stone, and pro-
wakes

wokes Urine, and a decoction thereof with Rosemary is good for the Dropſie and yellow Jaundies, but it is hurtful for ſuch as have Ulcers in the Kidneys or Bladder.

Gives, Vide Leeks.

Cocks-Head, red Fitchling, and Medick
Fitch. *Onobrychis*.

Deſcrip- tion. TWO kinds hereof I ſhall deſcribe.

The firſt ſpringeth up with many ſmall tender branches, like the Vines growing through and about buſhes, and whatever grows near it; the leaves and the reſt of the pulſe or plant, are like the wild Vetch: the flowers grow at the tops of the ſmall naked ſtalks, like a pease bloſſom, of a purple colour laid over with blew, which turn into round prickly huſks which are the ſeed.

The ſecond hath many ſtalks, eſpecially when it is old, which are round, hard, and leaning to the ground like other pulſes, the leaves are like thoſe of the wild Vetch, of a loathſom ſcent and bitter taſte, amongſt which come forth ſmall round ſtems, whereon grow the flowers which are of a ſhining purple colour, growing ſpike faſhion, three inches long, like the great Meadow Trefoil but longer, and without ſmeil, after which come ſmall Cods, containing hard black ſeed in taſte like the Vetch: The root is great and long, hard and woody, ſpreading abroad and growing deep under ground.

Names. The ancient name both Greek and Latine for this kind of pulſe is *Onobrychis*, its call'd alſo *Caput Galinaceum*, and the ſecond kind *Onobrychis flore, purpureo*, in Engliſh Cocks-head, red Fitchling, and meddick Fitch.

Place and Time. Gerhard ſaith theſe two kinds grow upon Barron Hill, within four miles of Lewton in Bedfordſhire,

Forsshire, upon the grassy balks between the Corn, two miles from *Cambridge*, and in divers places of the way between *London* and *Cambridge*: they grow likewise in divers places of this Land, in Fields, and under Hedges. There are three other kinds hereof, which are strangers in *England*; they flower in *July* and *August*, and the seed is ripe soon after.

Nature and Vertues.] *Gallen* saith these herbs do rari-
fie, make thin, and waste away, and therefore a salve made
of the green leaves and applied to hard Kernels and Swel-
lings, Knobs, and Nodes in the flesh, doth waste and consume
them away, and may be effectually used in that swelling cal-
led *Struma*, or the Kings Evil, and being rubbed on with
oyle, it causeth sweating; being dryed and drunk with wine,
it cures the *Strangury*, saith *Dioscorides*. It causeth Cattle
to give good store of milk; and from thence *Culpepper*
argues it is as good for Nurses, he making no distinction
between man and beast.

Corral. Corallium.

Descri-
ption. **A**ltho the Corral seems rather to be a stone;
yet it is a vegetable Plant; there are se-
veral kinds thereof, the red, and the white, most in use
with us; but the greater Red Corral is the best, which
groweth upon Rocks in the Sea, like unto a shrub with
arm and branches breaking forth into sprigs, some grea-
ter and some lesser, with craggy eminencies, of a whi-
tish or pale red colour, for the most part when it is ta-
ken out of the water; but when it is scraped and po-
lished, it is very fair; it is very pliable whilst it is in the
water, but when it is kept awhile out of the water, it
becomes of a firm or hard stony substance.

Names.] The Greeks call it *Κοράλλιον*, and the Latines
Corallium; adding *rubrum* or *album* for distinctions sake;
G the

the black sorts are called Antipathes, and there is a sort of rough bristly black Corral called Sambeggia.

Place and Time.] They are found in the Isle of *Sardonia*, and other places of the Mediterranean Sea. *Gerhard* saith, the white and yellow Corral do grow upon the Rocks in the *West of England*, about *St. Michaels Mount*; they are all times in the year found growing, and at all times to be had at our Druggists Shops.

Nature and Vertues.] All the sorts of Corral do cool, and bind; yet the white is thought to be colder then the red or black, it is an excellent astringent for the Gonorrhoea in men, and the whites in women; the red Corral stops bleeding, being but held in the hands of those that bleed either at nose or mouth, and is effectual for those that spit blood, or for any Flux of blood, and being often taken in Wine or other drink, it doth diminish the Spleen, it helps the stoppage of Urine, & such as piss by drops: the powder of it being burnt and taken in drink, helps the tormenting pain of the stone in the bladder, it strengthens the heart, stomach and liver, and is useful in all pestilent Fevers and malignant diseases, against venome, cheers the heart, and resists melancholly, especially the tincture of it, called *Tinctura Coralii*: The powder taken in Wine, or distill'd water, brings rest to such as have Agues, helps such as are troubled with the Cramp, & is commended against the falling Sickness, for which purpose some hang it about the necks of such as have that disease. It is said, if ten Grains of the powder be given to a Child as soon as it is born in some black Cherry water or the Mothers milk, that Child shall never have the falling Sickness: it is also affirm'd to procure easie Delivery in Child-birth by a specifick property; it is us'd to rub Childrens Gums, to help them to breed Teeth, and is useful for all accidents that belong unto the Teeth; it helps sore gums and ulcers in the mouth, and healeth up fowl hollow Ulcers in other parts, and is us'd in medi-

cines for the eyes, to stay the Flux of Rheum, cools and drys up the moisture, and takes away the heat and redness of the eyes. The Chymical Oyl and tincture may be used for any of the aforesaid purposes.

Corral-wort, Vide Dog-toothed Violet.

Crabs Claws, or fresh Water Soldier.

Sedum Aquatile.

Descri- **T**His hath leaves much like *Sempervivum*,
ption. or herb Aloe, but shorter, and lesser, having stiff prickles about the edges; amongst the leaves come forth divers husks like Crabs Claws, which open into white flowers of three leaves apiece, having in the middle divers hairy yellowish threds; it hath no roots but long strings like worms, which fall down (from a short head whereout the leaves spring) to the bottom of the water, where they be seldom fastned; but at the bottom there grows many other strings aslope from the same strings, being smaller.

Names.] Its called *Sedum Aquatile*, water Singreen; wading pondweed, fresh water Soldier, Knights Pondwort, water Housleek, and the like.

Place and Time.] It grows in the Fenns in Lincolnshire, and other muddy waters, and flowers in August.

Nature and Vertues.] This plant is of a cooling nature; and is good to keep green Wounds from inflammations, an oyntment thereof is good against hot swellings, St. Anthonies fire, and other Inflammations. This herb is good for bruises in the Reins and Kidneys, stops any flux of blood issuing thence, and likewise to stop the terms; for which purposes a decoction of the herb, or a dram of the dried herb in powder may be taken every morning in any convenient Liquor, or other vehicles.

Cucumbers. Cucumer, Cucumis.

THis Garden Plant needs no description, the names are above, the place is well dungs Gardens, and the time when the fruit is ripe, the Journey-men Tailors in London are very sensible of.

Nature and Vertues.] *They are cold and moist in the third degree, some hold but in the second, it must be the latter end of it then; the fruit is good sauce for hot stomachs and Livers, but being much eaten ingender raw humours; the juce of them is good to cleanse the skin, and helps hot Rheumes in the Eyes, the seeds provoke Urine, cleanses the passages thereof, and is good for such as have Ulcers in the bladder for which purpose they are us'd in Emulsions; as also to cool the heat of the Urine in virulent Gonorrhoeas: the distill'd water of the whole fruit taketh away Sunburning, Freckles, and Morphem, the face being wash'd therewith.*

Wild Cucumbers. Cucumis agrestis,
Elaterium.

Descri- **T**His plant groweth not wild in England, but
ption. only in Gardens, where it is planted it groweth up with many fat hairy branches, rough and full of juce, creeping upon the ground: the leaves are hairy & rough, of an overgrowing grayish green colour, and three pointed; from the bosom of which come forth long tender foot stalks, on whose tops come small pale yellow flowers, having five small leaves apiece: the fruit is about the bigness of a small Pullers Egg, but longer, rough, and hairy colour'd, like the stalks, wherein is contained much water, and hard blackish seeds like Tares; when it is come to maturity, it squirteth forth its own water, and seeds either of it self, or with the gentlest touch

touch of a hand, and oftentimes flyeth on the face of them that touch it, making it smart a great while after, whereby it got the name of *Noli me tangere*. The root is white, thick, and long lasting; the whole plant and fruit bitter in taste.

Names.] In Greek its called *σίκου ἀγροῦ*, in Latine *Agrestis*, and *Erraticus cucumis*, in Shops *Cucumber Asinus*, and the prepared juyce is called *Elaterium*.

Place and Time.] It springs up in May, and the fruit is ripe in Autumn, it grows amongst rubbish, and untiled places in hot Countries, and is here planted in Gardens.

Nature and Vertues.] The bitterness speaks them to be hot, the Plant is hot and cleansing, the juyce hot in the second degree, and of thin parts; the prepared juyce call'd *Elaterium*, which is to be had at the Apothecaries, purgeth Choller, Pblegm, and watry humours, both by seige and Vomit, prevaieth against the Dropsie, and shortness of breath, and being snuffed up into the nostrils with a little milk, it helps redness of the Eyes.

The juyce of the root purgeth Pblegm and watry humours, and is good against the Dropsie, but not so effectual as *Elaterium*. The dose of the juyce may be from half a grain to three grains, according to the strength or constitution of the Patient: but Gerhard prescribes it to be given from five grains to half a scruple, which I suppose is too much, it being a churlish Medicine.

Saracens *Conscund.* *Solidago.*

Descri-ption. **T**His plant groweth up with long narrow green leaves dented about, somewhat like peach, or willow leaves, but of a darker green: the stalk is hollow, brownish, and sometimes green, growing near a mans height, beset with leaves to the top, where doth

stand many pale yellow star-like flowers in green heads, after which comes a long small yellowish brown coloured seed, inclosed in down, which is afterwards carryed away with the wind : the root consists of a head of fibres, which lasteth all Winter. The plant hath a strong unpleasent taste and smell.

Names.] It is called *Consolida*, and *Solidago*, as Comfrey is, only *Saracenica*, to distinguish it ; some also call it *Herba fortis*, because of its strong smell.

Place and Time.] They grow in moist wet grounds, flower about *July*, and the seed is ripe in *August* or *September*.

Nature and Vertues.] *Saracens* Consound is hot and dry near the third degre, and astringent, an herb of Mars, and an excellent wound herb, so that Mars can cure as well as wound. The herb steeped in Wine, and then distill'd, the water is good for wounds and ulcers, whether inward or outward, so is the juyce or decoction ; it cleanseth green wounds, and old sores from corruption, and heals them ; it likewise heals the sores of the privy parts and Ulcers of the mouth and throat, they being gargled therewith. The decoction of the herb in wine opens obstructions of the Gall and Liver, and is good for the yellow Jaundies, and to prevent Dropsies ; It also heals Ulcers of the Reins, and other inward wounds.

¶ See more of this in the Art of Simpling ; written by *W. Coles*.

Coryander. Coriandrum.

I Shall not take up up room to describe this stinking Saturnine Plant.

Names.] The Latines call it *Coriandrum*.

Place and Time.] It is only sown and kept in Gardens ; flowers in *June* and *July*, and the seed is ripe in *August*.

Na:

Nature and Vertues.] The leaves and seeds being green, are cold and dry, and hurtful to the body, if taken inwardly; but the seeds being steeped in Vinegar, and dryed, are moderately hot and dry, and then they are good for the stomach, and helps digestion: the Comfits of the prepared seeds repress Vapours that ascend to the head, help digestion, and stay vomiting. The seeds taken in Wine, kills Worms, and stops Fluxes, helps the Wind Chollick, and stopping of Urine. The powder of the seed drunk in sweet Wine, provokes lust, the green herb boiled with barley meal, helps Inflammations, and the juyce incorporated with Vinegar and the Oyl of Roses, Ceruse, and Litharge of Silver, cures all Inflammations, and St. Antonies fire.

Cudweed. Gnaphalium.

Descri-**T**HE common Cudweed springeth up sometimes with one stalk, and sometimes with two or three, set thick about with long small narrow woolly leaves, from the middle of the stalk almost to the top; amongst the leaves grow small flowers, of a dun or brownish yellow colour, after the flowers come small seeds wrapped in down, which is blown away with the wind, the root is small and threddy.

Names.] Of the Greeks it is called *γναφάλιον*, and *Gnaphalium* in Latine; yet it hath other Latine names, as *Gentunculus Cottonaria*, and *Albinum* from the whiteness, and *Herba impia* by Pliny.

Place and Time.] It grows in barren, dry, and sandy grounds, almost every where in this Land, flowers in July, and the seed is ripe in August.

Nature and Vertues.] Cudweed is drying and astringent, Venus rules the Herb, and it is good for the Mumps and Quinzy, the juice taken in Wine or Milk; it stays Fluxes of blood, and defluxions of Rheums falling from the head:

the decoction made in red Wine, or the powder taken therein: it helps the *Tenasmus*, burstings in Children, and the Worms, and stays the overflowing of the Terms; the leaves are good to heal green wounds, and so doth the decoction or juyce thereof, and helps old Ulcers.

Cowslips. *Arthriticæ.*

THese need no description of form, place, or time, all being well known; they are called in Latine, *Arthriticæ*, and *Herba Paralysis*, being good against pains of the Joynts and Sinews.

Nature and Vertues.] Cowslips are Venus flowers, of temperature dry and astringent, little hot; the flowers are most used in Physick, but an oyntment made of the leaves and Hogs Suet, is good to heal Wounds, and takes away Jors, wrinkles, and Sun-burnings, and freckles of the face; they are profitable for pains in the head, and are good against Joynt Aches, Palsie, and pains of the Sinews, Convulsions, and Cramps: the decoction of the roots are good against the Stone in the Kidneys and Bladder, and the juyce of the leaves for inward hurts, or parts broken: The Conserve of the flower is good against Palsies, Convulsions, Cramps, and pains of the Sinews; so likewise are the flowers pickled and eaten for sauce with meat.

¶ See more of this in *The Art of Simpling*: written by W. Coles.

Cowslips of Jerusalem. *Pulmonalis.*

Descri- **T**HIS Herb hath broad rough leaves, of a brown green colour, spotted with white spots, the stalk is seldom a span high, bearing flowers on the top like Cowslips, but of a purple colour, and sometimes blew and red all at once; the root is hard, black, and hath many threds at the end of it.

Names.]

Names.] In Latine it is called *Pulmonalis*, and *Pulmonaria*; in English Cowslips of Jerusalem, Sage of Jerusalem, and Sage of Bethlehem.

Place and Time.] It is nourished in Gardens, flowers in April, and the seed is ripe in May.

Nature and Vertues.] The leaves are cold and dry in the first degree, the roots more dry and astringent, it is a good pot-herb to be us'd in broth for the Lungs, being an excellent herb for any distempers of the Lungs: the decoction thereof helps Coughs, shortness of breath, exulcerations and stoppage of the Lungs by reason of any corrupt matter, and spitting of blood; it helps also wounds and hurts in the Entrails, and is good for Burstings, or Ruptures: the flowers are wholesome in Sallets in the Spring time.

Couch-grass, or Dogs-grass. Gramen Caninum.

I Shall not need to describe the Couch, Gardners know it well enough, and could wish that they were rid of it.

Names.] It is called in Latine *Gramen Caninum*, because Dogs eat the Grass when they are sick: In English we call it Dogs Grass, Quich Grass, and Couch Grass.

Place and Time.] It is too plentiful both in Gardens and ploughed Fields, for the owners store; altho' Culpepper holds half an Acre of it to be worth five Acres of Carrots twice told over; yet if any of his Disciples be of his opinion, I will undertake to help them to five Acres of it for one Acre of Carrots: It's very plentiful in my Fathers Garden at Holfhot in Hampshire, and cannot be gotten clear out of the ground where it hath possession; it flourishes most in Summer, but the roots endure all Winter.

Nature and Vertues.] *It is moderate in coldness and moisture, the seed more cold and dry, harsh, and of thin parts, an herb of Venus; it opens the passages of Urine, wastes the Stone in the Bladder, and Ulcers thereof: It is good to kill worms, the juyce mixt with honey and powder of Southernwood; but for Children, mix the juyce with an Ox-Gall, and dip a cloth therein, and apply it to the Navel. The decoction in White-Wine provokes Urine, opens the Liver and Gall, and easeth pains in the Belly and Inflammations. The seeds do also expel Urine, stays Vomiting and Looseness.*

Water-Cresses. Nasturtium Aquaticum.

**Descri-
ption.** **W**ATER-cresses hath weak fat hollow stalks running along upon the earth or water where it groweth, I have had my self a whole Pond covered with it; the leaves are winged with many small leaves growing at the joynts, the upper part is brown, but the leaves are green underneath, the flowers are white, the root like threds.

Names.] *Nasturtium Aquaticum* is the Latine name.

Place and Time.] They grow upon ponds and watry ditches, and flower about June and July.

Nature and Vertues.] *It is hot and dry in the second degree, an Herb of Jupiter in my judgement. Culpepper ascribes it to the Moon, it is very profitable for the Scurvy; it provokes Urine, and cleanses the Reins and Bladder, moves the Terms, and incites to Venery, it opens obstructions of the Liver and Spleen; it is very good to make broth to purge and cleanse the blood in the Spring time.*

Sciatica Cresses. Iberis.

**Descri-
ption.** **T**HEY have many slender branches growing on a stalk a foot and a half high, the leaves long and narrow, the flowers very small, of colour
yel-

yellow, the seeds come in little chaffy husks, of a reddish gold colour, sharp and bitter of taste; the root is white, small, and tough, of a biting taste.

Names.] In Latine it is called *Iberis*, and *Nasturtium silvestre*, and *Lepidium*, in English *Sciatica Cresses*.

Place and Time.] It grows upon old Walls, rough and untilled places, by high way sides, and in Corn fields near *Gravesend*. It flowers in *June* and *July*.

Nature and Vertues.] *Sciatica Cresses* is hot in the fourth degree, according to *Gerrard*; and as saith *Dioscorides*, the roots gathered in *Harvest* time, and made into a plaister with *Swines Grease*, and apply'd to the griev'd place of such as are troubled with the *Sciatica*, is found effectual for the same, but it is to lye on but four hours, and then taken away, and the place bathed with warm water, and afterwards wool and oyl laid on it.

Croswort. Crucata.

Descri-ption.] It is a low herb of a pale green colour, having many square rough joyned stalks, having a soft down over them; the leaves are small, growing four together crosswise, one against another, towards the tops of the stalks, amongst the leaves come forth small yellow flowers, of a reasonable good savour, also resembling a Cross, the root consists only of fibres.

Names.] The Latine Names are *Crucata*, and *Crucata*, in English *Croswort*, and golden *Mugweat*.

Place and Time.] It grows in low Meadows, and fertile ground, and flowers almost all Summer.

Nature and Vertues.] It is dry and astringent, a Saturnine herb, it is excellent to heal and consolidate wounds, & is good for inward wounds or bruises, the herb being boild in Wine and drunk; it is also effectual for Ruptures or Burst-ness, the herb being boild tender and applyed to the place
pul-

pulvis-wife, and the decoction thereof being drunk.

¶ See further in *The Art of Simpling*: by W. Gales.

Crowfoot. Ranunculus.

Descri-ption. **T**Here are many kinds of these dangerous herbs couched under the name of Crow-foot, whereof the common I shall describe; the leaves are of a deep green colour, cut in the edges, and divided into three, sometimes five parts, on which stand divers white spots, the stalks be round, somewhat hairy, on the tops whereof grow the flowers, consisting of five leaves apiece, of a yellow glittering colour, which being gone the seeds follow in a rough ball, the roots are white and threddy.

Names.] *Ranunculus*, and *Batrachion*, Latine Authors call it; in English Gold cups, Crowfoot, and Butter-flowers.

Place and Time.] They grow almost every where in Meadows and Pastures, flower in the beginning of May, and continue many months after.

Nature and Vertues.] It is a fiery hot herb, and Martial, it will blister the tongue, if it be tasted; the herb being bruis'd and apply'd, is good in the beginning of a Plague sore arising, being bound to the middle of the Thigh, if it arise in the Groin, and a little about the elbow, if the swelling arise under the Arm-pit, it draws the Pestilential Venome unto it self: it will draw a blister as well as *Cantharides*, & may be apply'd to the Nape of the Neck, to draw Rheum from the Eyes; an ointment of the herb and flowers will work the same effects.

Cuckow-pintle, or Wake Robin. Arum.

I Shall bestow no time to describe this, for Children know it, using to gather the pestles or spits to play with.

Names.]

Names.] It is call'd in Latine *Arum*, and *Aron*; when I was a Child, my self & my School-fellows well knew it by the name of Cuckow spits: it is also call'd Cuckow Pintle, Priests Pintle, Wake Robin, and Starchwort, because white Starch hath been made of the root of it.

Places and Time.] They grow almost under every dry bank, and hedge, they shoot forth their leaves in the Spring, and the spike appears about Cuckow-time.

Nature and Vertues.] It is hot and dry in the third degree, the leaves or juyce cleanseth filthy Ulcers, and helps the Polipus and stinking sores of the nose: the decoction of the roots clears the sight, and takes away films and mists from the eyes. The powder of the berries mixt with oyl of Roses and dropped into the Ears, easeth pains of them. The roots or berries beaten together with hot Ox dung, easeth the pains of the Gout. The green leaves bruised and laid upon a Plague sore or boyl, helps to draw out the infection. An Electuary made of the dried root helps shortness of breath, and rid's away phlegm from the Breast and Lungs, being boiled in milk it works the like effects: It also provokes the Terms, and heals inward Ulcers. The fume of the decoction is good to sit over for falling out of the Fundament, both herb and root is very sharp and biting, and is a venereous plant.

Commyn. Cuminum.

THIS seldom comes to maturity in our Countrey, but groweth in hot Countries, as Spain and Italy; it is called in Latine *Cuminum*, and *Cyminum*.

Nature and Vertues.] Commyn seed is hot and dry in the third degree, according to Galen; being boild in Wine and drunk, it breaks wind, and easeth the Chollick, being boiled with figs in wine, it helps shortness of breathing, old Coughs and diseases of the breast, and is effectual for the dropsie and giddiness of the head; being boild in Wine and made into a
puls

Pulsis with Barley meal, it helps the swellings of the Gads, caused by wind or waterish humours, and other cold pains and swellings, and gripings and torments of the belly, being applyed thereunto; it also easeth the Plurisie and Stitches in the sides, being quilted in a bag with some salt, and heated hot, and sprinkled with Wine Vinegar, and applyed hot to the side. The herb and root are of no use.

The Curran Tree. Ribes.

THese grow only in our Gardens, but naturally in Savoy, Austria, and those places from whence they have been transplanted to us.

Names.] It is called *Ribes* and *Ribesius frutex*, and *Grossularia*, in English red and white Currans.

Temperature and Vertues.] Currans are cold and moist in the second degree, a plant of Venus; they provoke appetite, allay the heat of the Stomach, quench thirst, and therefore are good in hot Agues; they temper the heat of the Liver and Choller, and resist putrefaction: they close the mouth of the Stomach, and strengthen it. The dried juyce or root thereof is good against the Cough, stops the Lask and Flux proceeding from Choller.

Contra Perua, Vide Root of Peru.

The Cyprus Tree. Cupressus.

THese are now frequently planted to adorn Gardens, but grow naturally in the Eastern Countries; therefore I shall describe no more of them but the names, nature and vertues.

Names] In Latine it's called *Cupressus*, and the Nuts or Clogs, *Nuces Cupressi*.

Nature and Vertues.] The fruit and leaves are dry in the third degree, and astringent: the decoction of the leaves in sweet Wine, helps the Strangury, and the powder of the leaves
pro-

provokes Urine. The decoction helps the Cough, short windedness, Fluxes of the Belly, spitting of Blood, and the Rupture: the leaves beaten with figs, softens tumours, and hardness of the Testicles, and the Pollipus: the decoction of the nuts in Wine, causeth the hair to grow black, it being wash't therewith. The filings of the Wood taken in Wine, provokes the Courses, helps venomous bitings, and causeth a good colour.

Daisies. *Consolida minor.*

IT were in vain to describe these, they need it not.

Names.] It is called in Latine *Consolida minor*, and *Herba Margarita*.

Place and Time.] They grow almost in every Common, they flower in the Spring, and last most part of Summer.

Nature and Vertues.] They are accounted cold and dry, an herb of Venus; the juyce of them, or the distilled water dropped into the eyes, clears the watring of them: a decoction hereof made with Wall-wort and Egrimony, giveth ease in the Palsie, Sciatica, and Gout, the places being bathed therewith, and is good against Ruptures and inward burstings. A Salve made of the leaves with Wax, Oyl, and Turpentine, is singular good for Wounds, especially where there is any Inflammation: The leaves bruised and applyed, helps the swelling of the Gads, and the decoction cures inward Ulcers of the secret parts, cools the Liver, and abates the heat of the Choller.

¶ See further in *The Expert Doctors Dispensatory*: by P. Mortellus.

Dandelion.

THis is counted amongst the kinds of Succory, and therefore I shall refer it to that place.

Dan.

Darnel. Lolium.

**Descri-
ption.** **I**T groweth up with rough long leaves, with a slender joynted stalk; at the top whereof groweth a long spike with many heads one above another, containing divers husks on each side the stalk; wherein are contained the seeds; which easily fall out; whereby it increaseth much to the prejudice of the Corn where it usually grows.

Names. It is called in Latine *Lolium*, in English Darnel and Ray.

Place and Time. It is too well known amongst Corn, and is ripe when Corn is.

Nature and Vertues. Darnel is hot and dry, according to Galen, of a cleansing quality, it restrains Fluxes, overflowing of the Terms, and the involuntary passing away of Urine; therefore it is good for such as piss their beds: the meat thereof is good to stay the spreading of fretting sores and Gangreens: the decoction thereof in water and honey is good against the Sciatica, and it cleanseth the skin; helps the Leprosie and Morphem, being apply'd with salt and rhadish roots; it also draws out splinters and thorns, being applyed pulpis-wise with hog's grease; but it is very nought for the eyes and head, causing giddiness, if the seeds get into bread amongst Corn, as often it doth, if not carefully prevented.

Danewort, Vide Dwarf Elder.

Dates. Dactyli.

THIS Tree groweth in the Eastern Countries, from whence the fruit is brought to us. They are called in Latine *Dactyli*.

The ripe dates are said to be hot and moist in the second degree, they yield a fat gross nourishment, they are good against Consumptions, Coughs, and hoarseness, they stir up
Venery,

Venerie, strengthen the back, Liver, and Spleen: The decoction of them cools hot Agues, and helps spitting of Blood, they stay Vomiting, Looseness, and Womens Courses, and the falling of the Fundament.

Devils Bit, Morsus Diaboli.

Descri- **T**His is a kind of Scabious, and so like Scabious, that they are hardly known asunder, but by the bitten root, or flower; it hath small upright round stalks, about half a yard high, whereon are set somewhat broad long leaves, somewhat hairy, and uneven, little or nothing snipt about the edges; the flowers are of a dark purple colour, fashioned like Scabious flowers: the seeds are small and downy, being carried away with the wind when they are ripe: the root is black, thick, hard, and short, with many threddy strings fastned to it; and about the middle a piece seemeth to be bitten out of it, and the root almost bitten in two; which (if old *Saves* be true) the Devil did for envy, because the herb is so beneficial for the health of Mankind.

Names.] Its called in Latine *Morsus Diaboli*, because, as is said, the root seems to be bitten almost in two; and in English, for the same reason, Devils Bit, and of some Fore-bit.

Place and Time.] It delights in green Meadows, Woods, and ways sides, grows plentifully in *Danemoor* Wood in *Hampshire*, in *Cobham* Park in *Kent*, and sundry other places: It flowreth in *August*.

Nature and Vertues.] Devils Bit is hot and dry in the latter end of the second degree, somewhat bitter in taste; the decoction thereof drunk drives forth wind, and easeth pains of the *Matrix* or *Mother*; It is an excellent remedy against old swellings of the *Almonds*, and upper part of the *Throat*; the mouth being gargled with a decoction thereof, and a little

honey of Roses, cleanseth the Jaws of slimy Phlegm, digesting and consuming it, and takes away swellings in those parts. Devils Bit serveth for all those infirmities which Scabious doth, being as effectual against the stings of poisonous Beasts, poisons and pestilent diseases, and to consume and waste away Plague sores, being bruis'd and laid upon them.
Dogs-grass, Vide Couch-grass.

Doun or Cotton Thistle. Acanthium.

THIS common Thistle is so well known by his sharp prickles and doundy heads, that its needless to describe him further.

Names.] It's call'd in Greek ἀκανθιον, in Latine *Acanthium*, in English Doun Thistle, because the doun may be gathered to stuff Pillows and Cushions; its also called Cotton Thistle, Argentine, or silver Thistle.

Place and Time.] They grow by ditches sides, and High-ways, almost every where: they flower from June till August, the second year after sowing, and when the seed is ripe, the herb perisheth.

Nature and Vertues.] Gallen saith these are hot of temperature, and a Decoction of the leaves and roots being drunk, is good for those that have their necks turned awry, or backwards, or their bodies drawn together by a Spasm or Convulsion.

Dwarf Elder or Dane Wort. Ebulus.

Descri. **D**WArf elder is as it were, both a herby plant and a shrub, having leaves very like unto Elder, and green stalks not wooddy, which perish in Winter, being edg'd and full of joynts like the young branches of Elder: the leaves are whiter and greater then those of the common Elder, long and broad, and cut in the edge like a Saw, and consist of many leaves, stand;

standing by couples upon a thick ribb'd stalk: the flowers are white, tipped with red, and grow at the top of the stalks in tufts, having in them five little chives pointed with black, after which come black berries like common Elder, having in them little long seed. The root is rough and somewhat long.

Names.] In Greek its call'd *χαμαιδαν*, id est, *humilis Sambucus*, in Latine *Ebulus*, and *Ebulum*, in English Dwarf Elder, Danewort, and Walwort.

Place and Time.] Dwarf Elder grows by common High-ways, and in untill'd Fields; it grows plentifully in the road between Sittingburn and Canterbury, and in the Lane near Hyedfor Wharf in Buckinghamshire, and in the Grounds of Mr. Hinde there.

Nature and Vertues.] Dwarf Elder is hot and dry in the third degree, having a wasting and consuming quality, according to Gallen: it hath a purging faculty by the stool, a scruple of the seed bruised and taken once a week in syrup of Roses, and a glass of Sack, purgeth down matry humours, whereby it is available in the Dropsie, and to ease the Gout, for which purpose the seed may be given to the quantity of a dram. The leaves have the chiefest faculty to digest and consume; therefore being applyed in a pultis, bathe, or fomentation, they waste away hard swellings. The young leaves applyed with Barley Meal, cooleth hot inflammations, and is good for burnings, scaldings, and bitings of mad Dogs: an unguent made thereof with Bulls tallow, or Goats suet, easeth the Gout. The roots of Danewort are accounted of greatest force; a decoction of them in Wine purgeth down watery humours, and is good against the Dropsie; if they be boiled in a bath to sit in, they soften and open the Matrix, and correct the infirmities thereof, and dissolve pains and swellings of the belly; and the juyce of the root maketh the hair of a black colour, being used for that purpose.

Wall-Fern, or Oſmond Royal. Oſmunda.

Deſcription. **I**T hath a great triangle ſtalk about a yard high, beſet on each ſide with large winged leaves dented or cut like polipody, reſembling the large leaves of the Aſh-tree, towards the tops of the branches grow brown, rough, and round grains, but they are not the ſeed; the root is great and thick, cover'd over with many ſcales & interlacing roots, having in the middle of the great woody part thereof ſome whiteness.

Names.] It is called in Latine *Oſmunda, filix Paluſtris*, and of ſome *Filicaſtrum*, by Alchimists *Lunaria major*; in Engliſh Water-fern, Oſmund Royal, and Oſmond the Water man.

Place and Time.] It grows in moiſt boggy ditches, as in the ditch near the Well in *Hollſhot Lane* in *Hampſhire*: it flouriſheth in Summer as the other Ferns do, and the leaves decay in Winter, but the root continueth long.

Nature and Vertues.] *The roots are hot and dry, but not ſo hot as the other Ferns; the root, eſpecially the heart thereof, boil'd or ſtampt, and taken with ſome convenient liquor, is good for thoſe that are bruis'd by falls, dry beaten, or wounded, for which cauſe it is uſed in wound drinks: it is reputed to diſſolve clotted blood in any inward part of the body, and that it can drive it out by the wound: The young ſprigs at their firſt coming forth are good for all the ſaid purpoſes, and to be put into Balſoms, Oyls, and Plaſters, and Unguents for wounds, punches, and the like.*

Fig-wort, Vide Throat-wort.

Filipendula, Vide Dropwort.

Dill. Anethum.

Deſcription. **I**T groweth up with one ſtalk, hardly ſo big or high as Fennel; yet it is ſo like Fennel, that

that it is often mistaken for it ; yet the leaves are harder and thicker then Fennel, of a stronger and more unpleasant smell, and hath smaller Umbels of yellow flowers, and the seeds are flatter and thinner then Fenil seed, and not of so pleasant a taste ; the root dyes every year.

Names.] It is called in Latine *Anethum*, in English Dill.

Place and Time.] It is sown in Gardens, and being once sown, if the seeds be suffered to shed, it needs no more sowing : It flowers in *July*, and seeds in *August*.

Nature and Vertues.] Gerrard saith it is dry in the beginning of the second degree, and hot in the end thereof. Parkinson saith it is hot in the third degree, and dry in the second ; an herb of Mercury : some say that it increases milk in womens breasts, tho many Authors deny it : it is good to expel wind and provoke Urine, ease pains in the body, and stay vomiting ; it strengthens the Brain, stays Looseness, and stirs up lust, being boild in Wine and drunk ; but taken in too much quantity, it dulls the sight : it digesteth raw and viscous humours, and easeth pains of wind. The oyl is good to dissolve Imposthumes, to procuree sleep, and warm the Brain, Stomach, and Belly, the parts being anointed therewith.

¶ See further in *Adam in Eden* : by *W. Coles*.

Dittander, or Pepperwort. Lepidium.

Descri- tion. I Thath long broad sharp pointed leaves of a light bluish green colour, dented about the edges, a round and tough stalk, a foot and a half high, having divers branches, and little white flowers, after which comes small seed in little heads.

Names.] It is called in Latine *Lepidium*, and *Piperitis*.

Places and Time.] It groweth naturally in many places

of this Land, in low grounds, as in the Marshes by Rochester in Kent : it flowers about July.

Nature and Vertues.] It is hot and dry in the third degree, of a sharp taste ; it hath a cleansing quality, and is a Martial plant : The leaves being made into an oyntment with Hogs suet, or bruised and applyed to the place, helps the Sciatica, Hip-Gout, and pain in the Joynts, the part being afterwards bathed with Wine and Oyl, and wrapped in Wool or Lambs skins : some women give the juyce of Dittander, a spoonful or two in Ale to Women in Travail to procure easie delivery ; it helps to take away the scars of Burning, Scabs, and scars in the body, and cleanseth discolourings of the Skin.

Docks. Rumex.

There are many kinds of Docks, as the red Dock and Bloodwort, but they are all so well known, I shall forbear any further description.

Names.] Its called in Latine *Lapathum*, and *Rumex*, and Bloodwort *Lapathum Sanguineum*.

Their places and time of growth is very well known.

Nature and Vertues.] They are cold and dry generally, yet herbs of Jove, and therefore good to strengthen the Liver and cleanse the blood, especially Bloodwort ; they are good to cool hot Livers, and the red Dock root is good against the yellow Jaundies : The root doth also provoke Urine, and the Terms, and expels Gravel out of the Bladder. The decoction of the seed helps wamblings in the Stomach, and stops Fluxes. The distilled water cleanses the skin from the Morpew and Freckles.

Dodder of Time, or Epithymum.

Description. **D**odder shoots strings or threads out of the ground at first, which are greater or less, according to the nature of the plant whereon it grows,

grows or fastneth : these strings have no leaves, but wind themselves thick about the plant they lay hold on, ready sometimes to strangle it ; after they have gotten good hold they break off at bottom, and receive nourishment from the plant, partaking of its nature ; it puts forth clusters of small husks or heads, which send forth small whitish flowers, and afterwards small pale coloured flat seed, and twice as big as Poppey seed.

Names.] Dodder is called in Shops *Cuscuta* ; but that which groweth upon Time *Epithymum* ; it grows also upon Nettles, Flax, Fern, Savory, Tares, and other Plants : that which grows upon Tares, the Husbandmen call Hell-weed, because they cannot destroy it.

Place and Time.] That of Time and Flax grow rarely in *England*, but those of Nettles and Fern do : It flowers in *July* and *August*.

Nature and Vertues.] *Dodders* do partake of the nature of the Plant on which they grow ; and therefore Dodder of Time is hot and dry in the third degree, whose vertues follow : It purges Chollier and Phlegm, and therefore is good against melancholly, hardness of the Spleen, Madnes, Faintings, and the Quartane Ague, windiness, stopping of the Kidneys, Itch, Leprosie, Ulcers, and the French Pox : It opens the Gall, cleanses the blood, and is good against the Jaundies, and strengthens the Liver and Spleen, and is good against all hypocondriack passions. Dodder of Nettles and Broom provokes Urine, and the other Dodders participate of the nature of the plant whereon they grow, and therefore have the same Vertues : so that Mr. Culpepper was besides the saddle in attributing them all to the domination of Saturn.

¶ See more of this in *The Expert Doctors Dispensatory* : written by *P. Mortellus*,

¶ See more of this in *Adam in Eden* : by *W. Coles*.

Dog-toothed Violet, or Corral-wort.
Dentaria.

Descri- tion. IT shooteth forth one or two winged leaves upon a brownish foot-stalk, being doubled or folded downwards at their first rising out of the ground, and then they open into five or seven leaves, of a sad green colour, each leaf being somewhat long, dented about the edges and pointed, standing on both sides of the middle rib one against another: the stalk that bears the flowers, riseth up with the leaves, and is naked to the middle, where it shoots forth a leaf, a little higher it shooteth forth one or two leaves more, each consisting but of five leaves, and sometimes but two or three, at each whereof cometh forth a small round bulbe divided into some parts or cloves of a sad purplish green colour, about which at the top come the flowers, which are like the flowers of stock-gilly-flowers, of a purplish colour, growing upon short foot stalks opening into four leaves, after which come cods wherein the seed is contained; the root is white, smooth, and creeps under ground: both leaf and root is bitter and sharp, and biting, like Radish.

Names. It is called in Latine *Dentaria*, in English Corral-wort, and Dog-toothed Violet.

Place and Time. It hath been found growing in *Sussex*, and about *Croydon* in *Surrey*, and many other places: they flower in *April* and *May*, and are gone before *July*.

Nature and Vertues. The roots are drying and binding, and do also strengthen; it provokes Urine, and cleanses the Bladder of gravel: it should be a Saturnine herb, yet Culpepper ascribes it to the Moon, it helps gripings in the Belly and

and sides, and inward hurts in the Brest, Lungs, and Bowels: a dram of the root taken in powder in red wine, and used often, it stays Fluxes, provided they proceed not from Choller, and is good for the Dropsie and Ruptures, the same dose being given in the distill'd water of Horse-tail, and the decoction of the herb helps Maladies of the Teeth, the mouth being gargled therewith, and so doth the dry root being held between the Teeth, it consolidates green wounds, and dries up the moisture in Ulcers, causing them thereby the sooner to heal, the decoction of the herb being applyed unto them.

Doves-foot, or Cranes-Bill. *Geranium Columbinum.*

**Descri-
ption.** **I**T grows up with diyers small pale green leaves, dented about somewhat more than Mallows, lying round upon the Ground upon reddish hairy stalks, among which rise up two or three weak joynted reddish hairy stalks, with small leaves, on the tops grow many small red flowers of five leaves apiece; the seed is like a Cranes Bill, the root is slender and fibrous.

Nam:s.] It is called *Geranium Columbinum, Gruinalis, and Gruinum*; in English Doves-foot, and Cranes-Bill.

Place and Time.] It grows frequently in Pasture Grounds in many places in this Land, and flourishes most part of the Summer.

Nature and Vertues.] Doves-foot is cold and dry, with a binding quality, rather Saturnine than Martial. It is good to expel wind, and the stone and gravel in the Kidneys, the decoction being drunk, which is also good for inward wounds, Ulcers, and bruises, to dissolve congealed blood: The powder of the herb and root taken in red Wine first and last, many dayes

days together, cures Ruptures, young or old; in aged persons, mix with it the powder of nine red Snals dried in an Oven; and being made into a Salve it heals outward Sores, Ulcers, and Fistula's, and being bruised and applied to green Wounds, it quickly heals them.

Ducks-meat. *Aquæ Lenticula.*

IT needs no description being well known.

Names.] *Aquæ Lenticula*, and *Lens palustris*, the Latines term it; in English Grains, and Ducks meat.

Place and Time.] It grows on the tops of standing waters and ponds, and will cover them quite over, if the Ducks meet not with it.

Nature and Vertues.] It is cold and moist, ascribed to the Moon and Cancer, it is good in a pultis with Barley meal to ease the pains of the hot Gout, and cool inflammations and St. Anthonies fire, and the swelling of the Goads, the distilled water helps inward inflammations, redness of the Eyes, and is good in burning Fevers, and it easeth pains of the Head, coming of heat, the fresh herb being applied to the Forehead.

Dragons. *Serpentaria.*

THese are very well known in Gardens, and the stalks are speckled so like a Snake, that he that knows one, may soon know the other.

Names.] It is called in Latine *Serpentaria*, *Bisaria Colubrina*, and *Dracunculus*; in English Dragons.

Place and Time.] They are only planted in Gardens with us, they flower in July, and the berries are ripe in September.

Nature and Vertues.] It is a Martial herb, hot and dry, astringent, biting and bitter in taste; it is somewhat of the nature of Cuckow-pintle, both incite to Venery: it is good
against

against Coughs, Catarrs, Convulsions, and Cramps; it consumes gross humours, and cleanseth the inward parts: the distilled water helps Freckles, Morpew, and Sun-burning, and clears the sight; the juyce helps the pin and web in the Eye: an oyntment thereof is good in wounds, Ulcers, Cankers and Pollipus; the green leaves are good for Ulcers, green Wounds, and venomous bitings: the distilled water is good against the Plague, Poison, and pestilential Fevers, being drunk with Treacle or Mithridate. Women with Child are not to meddle with this herb.

Dropwort. Filipendula.

**Descri-
ption.** IT shooteth forth long winged leaves, dented somewhat like Burnet, or wild Tansie, but harder in handling; the stalk arises about two foot high, at the top come white sweet flowers of five leaves apiece, with some threds in the middle standing in an Umbel: the seeds are small and black.

Names.] Filipendula is the Latine name, and it is also called in English Filipendula, and Dropwort.

Place and Time.] It grows in many places of this Land by hedges sides: they flower in June and July, and the seed is ripe in August.

Nature and Vertues.] It is an herb of Venus, saith Culpepper, but it is contrary to her nature, being hot and dry in the third degree, opening, cleansing, and a little binding; it is good to help the Strangury, or pissing by drops, to expell the stone in the kidneys and bladder, being taken in a decoction with white-wine, and a little honey: it provokes womens Courses, and is good against the Dropisie, Jaundies, and Falling Sickness. An Electuary of the roots breaks wind, helps diseases of the Lungs, the Cough, and brings away Phlegm; the knots of the roots in powder is good for Fistula's and old Sores,

Sores, and allayes the swelling of the Piles or Hemorrhoides.

Elder. Lambucus.

THis is very well known, therefore I shall describe another kind called Dwarf Elder.

Dwarf Elder rises in the Spring with a four square rough hairy stalk, four foot high, or more; the leaves are narrower than those of the Elder Tree, but very like them: the flowers stand also in Umbels like the other, being white mixt with purple, but of a sweeter scent than Elder; after which come blackish Berries, full of juyce, wherein is contained hard kernels or seeds: the root dyes every year.

Names.] The common Elder Tree is call'd in Latine *Sambucus*, the dwarf Elder, *Humilis Sambucus*, and *Ebulus*; and in English is known by the name of Walwort, Danewort, and Dwarf Elder.

Place and Time.] There is scarce a Town or Village, but the common Elder grows in its Hedges; the dwarf Elder grows wild in many places of England, particularly in the grounds of Mr. Hind at Hedsor in Buckinghamshire. The Elder flowers in June, the fruit is usually ripe in August; the Dwarf Elder is somewhat later.

Nature and Vertues.] Elder is hot and dry in the second and third degree, the Danewort something hotter, both under Mars; it is profitable for the Dropisie, and to remove watry humours between the skin and the flesh; the young buds boild in both purges phlegm and choller; the inner bark is commended for the yellow Jaundies; medicines prepar'd of the bark opens obstructions: six drops of the spirit of Elder salt taken in broth is good in the Scurvy. The decoction of the root in wine cures the bitings of venomous Beasts, and mad Dogs, mollifies hardness of the Mother, opens the Veins, and pro-

provokes the Terms, the berries work the same effects; the iuyce of the green leaves help inflammations of the eyes: there is hardly a disease from the head to the foot but Elder is effectual for it; it is good for melancholly, madness, the Falling Sickness, Palsie, Apoplexy, Catarrhs, Tooth-ach, Deafness, diseases of the Lungs, Mouth, and Throat, Hoarseness, Prick, sore Breasts, Swoonings and Faintings, Gout, Worms, Stone, Plague, Pox, Measles, and diseases of the Stomach; Cum multis aliis, &c.

The Dwarf Elder is stronger than the other, for all the said purposes; and bath besides particular vertues, viz. the iuyce of the root cures the Kings Evil and Quinzy, being applied to the Throat, and being put into the Fundament stays it from falling down. The root being steeped in wine all night, helps Agues, a dram of the seeds in powder with a little Cinnamon taken in the decoction of ground Pine, is good against the French Disease, Gout, Sciatica, and joynt Aches, by drawing away peccant humours: An Oyntment made of the green leaves with May Butter, mollifies starkness of the Nerves and Sinews, and remedies outward Pains, Aches, Cramps, and Lameness.

¶ See further in Edam in Edon: by W. Coles.

Elecampane. Enula.

Descri. IT groweth up with a long hairy stalk, bearing
progn. I great large leaves pointed at the ends, it gives a large yellow flower, the root is white and increaseth much every year, spreading under the ground; 'tis well known, therefore I forbear any further description.

Names.] Enula Campana, is the Latine Appellation.

Place and Time.] It delights in Meadows and fertile ground, flowers in June and July, and the leaves fall in Autumn.

Nature and Vertues.] It is hot and dry in the second degree, a Solar herb, a great friend to the Breast and Lungs,
and

and a helper of shortness of breath, it opens the Liver and Spleen, and is good against poisons and venomous bitings, and helps Cramps, Ruptures, and inward bruises, the decoction of the root being drunk: the roots candied, warm a cold Stomach, helps the Cough and Wheesings: An oyntment made of the roots with Hogs grease, and a little flower of Brimstone, is an excellent Remedy for the Itch. The root chewed, fastens loose teeth, and preserves them from rotting. The distilled water of the green leaves makes the face fair, cleanses the skin, and helps the Morphem. The decoction thereof provokes Urine and the Terms, and cleanses the Breast and Lungs.

Elme-Tree. Ulmus.

THIS Tree is so well known for its Timber, it needs no description; but we proceed to the Physical use of it.

Names.] *Ulmus* the Latines call it.

Nature and Vertues.] The Leaves and Bark are moderately hot, having a cleansing glewing quality, and I believe Saturnine.

The water in the bladders upon the leaves are said to be good to help burstness, cloathes being wet in the water and apply'd, and the parts bound up with a truss, it also cleanses the skin: the decoction of the bark of the root softens hard swellings, the decoction of the middle bark is good to bathe places burnt or scalded, and being boiled in Wine and some syrup of Mulberries added to it, causes the pallat of the mouth to ascend, being fallen: the decoction in water helps the Dandriff, Scarfs and Leprosie. The leaves heal green Wounds, and the water of the bladders that grow upon the leaves, being put in a glass and set in Horse-dung for five and twenty days, the mouth of the glass being stoppt, and a lay of salt underneath; so that the feces may settle, and the water become very clear, is a soveraign Balsom for green wounds, being
applied

applyed with soft Tents ; it may be set in the ground, if you be not provided of dung. An Unguent being made of Elme Bark, by boiling it to that consistence, is a soveraign remedy to allay the pains of the Gout.

Endive. Endivia.

Descri-ption. **M**After Gales comprehends the Succory, Dandelion, and Endive all together, as not differing in Nature, tho in Form, and one Greek name goes for them all ; namely, *oieedes*, yet Succory is called *Cichoreum*, and *Cichorea* in Latine, and the Endive *Endivia* ; which Endive bears a larger leaf than Succory, and the root perisheth every year : it bears blue flowers and seed like Succory.

The names I have given you in the Description.

Place and Time.] It is an Inhabitant only in Gardens ; if it be sown in the Spring it quickly flowers and feeds.

Nature and Vertues.] It is cold and dry, cleansing, Jovial, saith Mr. Culpepper ; but I judge rather under Venus : it cools the sharpness of Urine, and cleanseth the uretory parts : The decoction of it, or the distilled Water is good in hot Agues and Inflammations to mitigate the heat ; it helps the great heat of the Stomach and Liver, stoppings of the Gall and Urine, lack of sleep in hot burning Fevers ; being outwardly applyed, it allayes Swellings, Pushes, and Pimples, and is good to wash pestiferous Sores and Ulcers.

¶ See further in The Expert Doctors Dispensatory : by P. Mortellus.

Eringo, or Sea-holly. Eringium.

Descri-ption. **T**He Sea-holly cometh up with tender leaves at the first, but as they grow old, they grow hard and prickly, crumpled about the edges, with here and there a sharp prickle: they are of a blueish green

green colour, and stand every one upon a long foot stalk, after comes a long crested stalk, having several joynts beset with leaves sharp and prickly, it bears round prickly herds, out of which shoot blue flowers with whitish threds in the middle; the root grows very long, and is about the bigness of a Mans little finger, having a pleasant taste, brownish without, but white within, with some pith in the middle.

Names.] The Greeks call it *Ερύγγον*, and the Latines *Eringium*, the Shop *Eringus*, and *Eringo*; in English we call it Sea-holly.

Place and Time.] It grows about the Sea sides in most Countries of England; as upon the Sea sands by Yarmouth in Norfolk, and about Shuberry in Essex: it flowers about the latter end of Summer, and seeds about a month after.

Nature and Vertues.] Sea holly is temperate, of a cleansing drying nature, a Venerial plant; the roots consecret, stir up the affection to Venery, and are a restorative against the consuming of old age: being decocted in Wine, they open obstructions of the Spleen and Liver, provoke Urine, expel the Stone, and move the Terms, help the yellow Jaundies, Drop sic pain in the Loins, and wind Chollick. The roots bruised and apply'd to the Throat, helps the Kernels there, and heals bitings of Serpents, being taken inwardly, and applyed to the place; and if the roots be boiled in Hogs Lard, and applyed to the thorns in the flesh, it draws them out, and heals the place: the juyce of the leaves helps Imposthumes in the Ears. The distilled water of the whole herb being young, drives away melancholly, and helps Quartane and Quotidian Agues; the young tender shoots may be eaten fresh, or pickled, they are a good Venerial Sallet.

I See more of this in *The Art of Simpling*: written by W. Gale.

Eye-bright. Ocularia.

Descri. IT is a small herb; rising seldom above a span
ption. high, having a blackish green stalk; which
 spreadeth from the bottom into sundry branches,
 whereon grow small dark green leaves finely snipt
 about the edges, growing two together very thick; the
 flowers are small and white, striped with purple and
 yellow spots, and grow at the joynts with the leaves
 from the middle upwards: the seeds are very small,
 growing in small round heads which succeed the flow-
 ers. The root is long, small, and threddy.

Names. Euphrasia is both a Greek and Latine name
 for it; it is also called in Latine *Ophthalmica*, and *Ocula-*
laria, in English Eye-bright.

Places and Time. It grows plentifully in many places of
 this Land, by hedge rowes, and on Hills sides: it grow-
 eth in the High-way between *Gravesend* and *Rocheſter*,
 and in the Fields about *Gravesend*: they flower about
Auguſt, which is the beſt time to gather it, before it ſeeds.

Nature and Vertues. It is a Solar herb, hot and dry, it
 is excellent to clarifie and preſerve the ſight from dimneſs, ei-
 ther the powder of the dry herb being uſed, or the juyce of the
 green plant: the diſtill'd water clears the dimneſs of the
 Eyes, either being dropped into the Eyes, or drunk in Wine
 or Broth: a Conſerve of the flowers works the like effects,
 being eaten. It reſtoreth a decayed Memory, and helps a weak
 Brain and Memory, being uſed any of the aforeſaid ways;
 if it were tunned up with Bear or Ale, it will work the like
 effects. Some Authors write that Birds make uſe of it to re-
 pair their ſight; and Arnoldus ſaith, that it did reſtore
 their ſight who had been blind a long while.

Ferne. Filix.

ITs very well known ; there is accounted a Male and Female, and Water Ferne, or Osmond Royal.

Names.] The Latine name for Fern is *Filix*, the Water Fern, *Osmunda Regalis*, and St. Christophers Herb.

Place and Time.] Fern grows too plentiful in many places, and can hardly be rooted out where it hath possession : the seeds are small, treble pointed, black and shining, and may be got on Midsummer-eve at night, at which time I have gathered it my self.

The Water Ferne grows by wet Ditches sides, bogs, and waterish places.

Nature and Vertues.] *Ferne* is hot and dry, bitter, and somewhat astringent, a Mercurial plant : the roots of *Ferne* boil'd in milk, kills worms in the Belly, and abates swelling and hardness of the Spleen, and being bruis'd and boil'd in Oyl, or Hogs Grease, they make a good Oyntment to heal wounds and bruises, and eases the Chollick, and diseases of the Spleen, especially those of the Water Fern. A bath made of the leaves, is good to strengthen the Sinews : the powder of the root drys up the watry humours of the Ulcers. A dyet Drink being made of it with other Capillary Herbs, is good for the Rickets.

The Water Fern is effectual for Ruptures, an Oyntment being made thereof ; and the decoction of the root in White-Wine provokes Urine, and opens the uretory passages.

Featherfew. Parthenium.

Descri. **I**T grows up with many large green leaves very much torn, or cut about the edges, the stalks are hard and round, beset with smaller leaves ; the flowers stand single, upon several foot stalks at the top, consisting of small white leaves standing round about

about a yellow thrum in the middle, the root is tough, hard, and short, having many fibres thereat; the whole Plant of a strong scent, and bitter taste.

Names.] *Parthenium*, from the Greek *παρθένιον*, and *Matricaria*, and *Febrifuga* in Latine.

Place and Time.] It grows by divers walls and hedges; and frequently in Gardens; they continue in flower the greatest part of Summer,

Nature and Vertues.] *Featherfew* is hot and dry in the third degree, having a quality of cleansing and opening; its temperature, scent, and taste attributes it to Mars, but its vertues are ascrib'd to Venus; it is an excellent herb for womens diseases, for all diseases of the Mother: the decoction being drunk, or the Fume set over, helps fits of the Mother, it drives down the Courses, expells the dead Child and After-birth. The juyce, with the juyce of Motherwort taken in old Ale, with a little gross Pepper, is good to prevent fits of the Mother. The decoction with sugar or honey, helps the Cough or short Windedness, and cleanses the Reins and Bladder, so doth the powder of the herb, and expels melancholly, helps the swimming of the head, and windiness in the stomach, and is good against the Dropsie; it is good for cold and moist Bodies, to stir up the procreative vertue, but it is nought for hot and dry bodies; its a good remedy for such as have taken too much Opium; being fryed with Oyl and Wine, it eases the griping pains of the wind being applyed to the Stomach, and Belly. The distilled water cleanseth the skin.

Fellwort, Vide Gentian.

Fennel, Feniculus.

Fennel is well known, its Latine name *Feniculus*, Gardens are his habitation; he flowers in June and July, and the seed is ripe in August.

Nature and Vertues.] Most affirm *Fennel* to be hot in the

third degree, and dry in the first, and according to Gerrard, the seed is hot and dry in the third degree; it is a Mercurial herb, saith Culpepper, but I suppose rather Solar: it is used to be boiled with Fish and other viscons meats to digest their crude and phlegmatick qualities, and the seed is used in bread to break Wind, and strengthen the breath. The distilled water cleanses the Eyes, being dropped therein, and the condensate juyce cleanseth them from Mists and Films. It is good to increase milk in Nurses, it provokes Urine, and eases the pain in the Stone: The leaves, or rather the seeds, boyled in water, stay Hiccock, helps loathings of the Stomach of sick persons, and allayeth the heat thereof, and is a remedy for such as have eaten poisonous herbs, and against bitings by Serpents. The seed and root opens obstructions of the Liver, Spleen, and Gall, helps shortness of breath. The roots in dyet drink, or broth, cleanses the Blood, opens the Liver, provokes Urine, and helps the evil colour of the face after long Sicknes, and causeth a good habit throughout the body: the juyce kills worms in the Ears, being dropt therein. The ordinary Fennel is stronger than the sweet Fennel, and therefore better for the purposes aforesaid.

Fennel Giant. *Ferulago*.

Description and place.

THis plant grows in Cyrene, and brings forth the Gum call'd *Ammoniacum*, which is hot and dry in the second degree, which is good to dissolve Tumors, and taken inwardly it purges Phlegm, opens stoppings of the Liver, helps Astma's and stoppings of breath, it provokes Urine and the Terms, eases the Gout and Sciatica, softens Corns and hard Swellings.

¶ See further in *Adam in Eden*: written by Will. Coles.

The.

Sow-Fennel, or Hogs-Fennel.
Peucedanum.

Descri- tion. **I**t hath divers branched stiff stalks, full of knees of thick long leaves, three for the most part joined together at a place, among which riseth a crested stalk less than Fennel, somewhat joyned, and leaves thereon, and towards the top some branches; on the tops whereof grow tufts of yellow flowers: the seeds are thin, flat and yellowish, almost twice as big as Fennel seed: the root is great, and grows deep with many fibres, smelling like hot brimstone, and yielding a yellowish juyce like a Gum.

Names. **]** *Peucedanus*, and *Peucedanum*, are the Latine names; in English Hogs-Fennel, Sows-Fennel, Hore-strange, and Hore-strong, Sulpher-wort, or Brimstone-wort.

Places and Time. **]** It grows in salt low Marshes, as by *Whitstable* and *Fea-verham* in *Kent*, and many other places: they flower and seed towards the end of Summer.

Nature and Vertues. **]** It is a *Mercurial herb*, hot in the second degree, and dry in the beginning of the third. The juyce dissolv'd in *Wine*, and dropped into the *Ears*, helps such griefs thereof as proceed from a cold cause; the same used with *Vinegar* and *Rose water*, or the juyce with a little *Euphorbium* put to the nose, helps the *Phrenzy*, *Lethargy*, *Giddiness*, *falling Sickness*, long and inveterate *Head-ach*, the *Palsie*, *Sciatica*, *Cramp*, and generally all diseases of the *Nerves* and *Sinews*, if it be used with *Oyl* and *Vinegar*, as saith *Dioscorides*, and *Gallen*; the juyce dissolv'd in *Wine*, or put in an *Egg*, is good for the *Cough*, *shortness of Breath*, and *wind in the body*, it gently purges the *Belly*, dissolves *wind* and *hardness of the Spleen*, gives ease to women that

have hard Labour, and easeth pains of the Reins, Bladder, and Womb : the juyce put into a hollow Tooth, easeth the pain, and so doth the root, but more slowly. The powder of the dried root cleanseth foul Ulcers, and removes splinters or broken bones out of the flesh, dryes up inveterate Sores, and is of great force in green Wounds.

Fig-wort, Vide Throat-wort.

Flax. Linum.

THis needs no description, good Housewives know it well enough ; it is called in Latine *Linum*, which is somewhat near our English word Linnen, fine linnen cloth being made thereof ; it flowers from Midsummer till August, it is sown in divers places of this Land.

Nature and Vertues.] The seed thereof, which we call Linseed, which is only used in Physick, is hot in the first degree, and in a mean between moist and dry ; but Dodoneus saith it hath superfluous moisture, and causes wind ; and that the Inhabitants of Middleborough in Zeeland, for want of Corn, eat thereof, to the great prejudice of their health ; but the seed being boild in water, and some honey put to it, is said to ease the Chollick, Stitches, and Inflammations. I fancy not that medicine ; but the seed is a good ingredient in pastisses with Fenugreek and Mallows, to mollifie and discuss Tumours in any part of the body ; & being us'd with Myrrh & Rosen, it helps ruptures & swellings of the coads : the decoction thereof in wine is good to stay the decoction of filthy sores, being us'd thereto ; and being mixt with honey or suet, and wax, and applyed, it helps hard swellings under the Ear, and Throat, and remedies spots and discolourings of the skin.

Fig-Tree. Ficus.

THe Fig-tree seldom grows in England, but as it is planted against a wall ; yet at the house of Rowland

Hinde

Hinde, Esq; at **Hedfor** in **Buckinghamshire**, grows, or lately did grow, a **Fig-tree** in his Court, having a body as big as an ordinary **Elme** or **Oak**, growing low, and spreading much ground with great Boughs.

Names.] The Greeks call the Tree $\Sigma\upsilon\kappa\kappa\iota\varsigma$ and the fruit $\sigma\upsilon\kappa\kappa\iota\varsigma$; in Latine both Tree and Fruit is called **Ficus**.

Place and Time.] They grow plentifully in **Spain** and **Italy**, and bear fruit both in the Spring, and in **August** and **September**.

Nature and Vertues.] Figs are hot and moist almost in the third degree, & yield good nourishment; but being immoderately eaten, they ingender crude humours in the stomach, & hurt hot Livers, and chollerick stomachs; they are therefore best for old phlegmatick persons: being eaten with Almonds, they cleanse the breast and the lungs. A decoction of them with **Hysop** and **Liquorish**, is good for the Cough of the Lungs, and for the Reins and Bladder, and to recover a good colour to them that have lost it by Sickness; it also cleanses the womb, and is useful for the Drapsie, Quinzey, and the falling Sickness; they are a good Antidote against the Plague, Poison, and infectious Air, being stamp't together with Salt, Rue, and Nut Kernels, and eaten fasting in the mornings: a Fig sliced and toasted, and applyed to an aking Tooth, sometimes gives ease. The decoction of the Leaves is good to wash sore heads, for the Leprosie, Morpew, and running sores; and a syrup made thereof is good against Coughs, shortness of Breath, and all diseases of the Breast and Lungs.

Filberd, Vide Hazel Nut.

Fistick Nuts. Pistacia.

THis Tree grows in the **East Indies**, **Persia**, and **Arabia**, and the hot parts of **Italy**.

Names.] It is call'd in Latine **Pistacia**, and **Pistacium**, in English the fruit is called **Pistacies**, and **Fistick Nuts**.

Nature and Vertues.] They are under the dominion of Jupiter, of temperature hot and moist; they increase seed, and stir up Venery, being eaten condited, or otherwise, they recover strength in those bodies which are in Consumptions, and are grateful to the Stomach; they are good against bitings of venomous creatures; they open obstructions of the Liver, Chest, and Lungs, concocting and digesting raw humours that offend them; they are a little astringent, strengthening the Liver and Stomach, used either in meats or medicines; they remove Sand and Gravel out of the Reins and Kidneys, assuage their pain, and are good for Ulcers.

Fleawort. Herba pulicaria.

*Descri-
ption.* Ordinary Fleawort groweth up with a stalk two foot high, or more, full of branches on every side unto the top, and at every joynt grow two small, long, and narrow whitish green leaves, at the tops of every joynt stand divers short, small, scaly or chaffy heads, out of which come small whitish yellow threds, like those of Plantain, which are the bloomings or flowers; the seed is small and thining, while it is fresh, very like Fleas, but turning black when it grows old: the roots is white, hard, and woody, perishing every year. The whole plant is whitish, hairy, and smelling somewhat like Rozin.

Names.] Its call'd in Latine *Herba pulicaria*, and in Shops, *Phyllium*, in English Fleawort.

Place and Time.] It grows with us no where but in Gardens, but there is another kind much like the former, which grows in Fields near the Sea-coasts; they flower in July, or thereabouts with us, but in their natural Countrey all the Summer.

Nature and Vertues.] The seed of Fleawort which is chiefly us'd in Physick, is cold in the second degree, and temperate.

perate in moisture and driness, according to Gallen and Serapion: it's a Saturnine plant. The muscilage made with Rose-water, and taken with syrup of Violets, or a little Sugar, purges Choller and Phlegm, is useful in burning Fevers to lessen thirst, and dryness of the mouth and throat; it helps also Hoarseness, Inflammations of the Breast, Lungs, and Head, and hot pains in the joynts; the muscilage of the seed in an Electuary, with Marmalade of Quinces and Sugarcandy, hath the same effects and stays the fluxions of hot Rheums. The seeds dried and taken with Plantain water, stays fluxes of the Belly, and helps the gripings thereof, caused by choleric humours, or the over-working of violent Medicines: the seeds bruised, or the herb mixt with the juyce of Nightshade, or Housleek, oyl of Roses and Vinegar, easeth the hot Gout, and Imposthumes; the water wherein the seeds have been steeped, is good against St. Anthonies fire: the juyce with Honey put into the Ears, stays the running thereof, and is good for sore Breasts, being often applyed thereunto; being mixt with Hogs Grease, and applyed to corrupt Sores and Ulcers, it heals them. The muscilage of the seed made in Plantain water, and mixt with the yolk of an Egg, or two, and a little of the Unguent Poupelion, easeth the pains of the Piles and Hemorrhoides, being bound thereto. It is not safe for cold and moist bodies.

Flixweed. Thalictrum

Descri- Flixweed springs up with a round upright
ption. hard stalk about two-foot high, spread into many branches, whereon grow many grayish green leaves, finely jagged like Roman Worm-weed; the flowers are small, of a dark yellow colour, and grows in a spiky fashion on the tops of the scriggy branches, after which grow long pods, with small yellowish seed in them. The root is long, warty, and persists every year.

Names.]

Names.] It is called in Latine *Pseudonasturtium Sylvestre*, *Thaliistrum*, and *Sophia Chirurgorum*.

Places and Time.] It grows by Hedge sides, Highways, upon old walls in many places of this Land, and flowers from the beginning of June till the end of September.

Nature and Vertues.] Its a drying astringent Saturnine herb; the seed drunk in wine, or water wherein Steel hath been often quenched, stops the Lask, Bloody Flux, and all other issues of Blood: the herb boild, performs the same effects; and also it consolidates bones broken or out of Joynt, from which vertue it obtain'd the name of *Sophia Chirurgorum*: a syrup of it may be made to be taken inwardly for the former purposes. The juyce being drunk in wine, or the decoction of the herb, kills Worms in the Stomach and Belly, and Worms which sometimes breed in Ulcers: the juyce or bruised herb put into Oyntments or Salves, quickly heals old Sores, how foul or malignant soever they be. They whose Stomach cannot brooke any of the former Medicines, may take the distilled water which worketh the same effects, but not so effectually or powerfully.

Fluellin, or Lluellin. *Veronica Mas.*

**Descri-
ption.** **O**F this plant there is a Male and Female kind, called male and female Speed-well, before the Welch-man gave it her Countrey name *Lluellin*.

The common Speedwel hath divers soft leaves about the breadth of a two pence, of a hoary green colour, a little dented about the edges, set by couples at the joynts of the hairy brownish stalks, wch lean upon the ground, never standing upright, but shooting forth roots as they lie upon the ground; at divers joynts the flowers grow one above another at the top, and are of a bluish purple

ple colour, sometimes white: the seed is small and blackish, contained in small flat husks. The root is fibrous.

Names. In Latine it hath been call'd *Veronica Mas*, and *Veronica Femina*, and *Betanica Pauli*; in English Male and Female Speedwel, and Pauls Betony; but the Shentleman of Wales have given it the name of *Lluellin*, because it saved her Nose which the French Pox had almost gotten from her.

Place and Time. They grow upon dry Banks and Wood sides, and in sandy grounds in many places of this Land: They flower in June and July, and the seed is ripe in August.

Nature and Vertues. The male is temperately hot and dry, the Female cooling and drying; the male is most common and of greatest use; they are both good wound Herbs, a Salve being made therewith, with wax, oyl, and Turpentine: it also hinders the fretting of old Uleers, stays bleeding of wounds, dissolves Swellings, it strengthens the Heart, and expels Poison and Venome from thence; it strengthens the Memory, eases swimnings and pains in the head. The decoction given in Wine, it cleanses the Blood, and helps the Leprosie, as is said. A dram of it in powder in its own distilled water, helps the Cough, and diseases of the Lungs and Breast. It opens the Liver and Spleen, cleanses Ulcers in the Reins and Bladder: the distill'd water is good to wash wounds and Sores, and helps Morphem, Scabs and Freckles, a little Coperas being dissolv'd therein, and bathed therewith. The Female Speedwel, or Fluellin, bruised and applyed with Barley meal, helps watering eyes caus'd by hot Rheums flowing from the Head, it stops the overflowing of the Terms, and all fluxes of blood, it helps the inward parts which need consolidating and strengthening, the leaves being sod in broth with a Hen, or a piece of Veal. It is effectual to heal green Wounds, and to cleanse and heal old foul Ulcers, and fret-

fretting Cancers. The juyce and decoction of the Herb taken inwardly, and the herb used outwardly.

¶ See more of this in *The Art of Simpling*: written by W. Coles.

Fox-Gloves. Digitalis.

IT is known so commonly almost to every Child in my Countrey of *Hampshire*, that I shall forbear to make any large description of it.

Names.] Authors call it by many strange Latine Names, as *Digitalis*, *Virga*, *Regia*, *Campanula silvestris*, and many other affected names: We in English call it Fox-Gloves, and in *Hampshire* it is very well known by the name of Poppers; because if you hold the broad end of the flower close between your finger and thumb, and blow at the small head, as into a bladder, till it be full of wind, and then suddenly strike it with your other hand, it will give a great crack or pop.

Place and Time.] They grow generally in dry grounds, and under Hedges sides in most Countries of England.

Nature and Vertues.] It is a *Venercal* plant, saith Culpepper, but he forgets his *Logick* when he ascribes all bitter plants to Mars.

Fox-Gloves are bitter in taste, hot and dry, having a cleansing quality. The Italians call this Herb *Aralda*, and use this proverb concerning it, *Aralda, tutte piaghe salda*, *Aralda* salveth all sores: they use it to heal green Wounds, cutting the leaves and applying them; they use also the juyce to cleanse & dry up old Sores: it is found helpful for the Kings-Evil, the flowers stamped with fresh Butter and applyed, or the juyce in an Oyntment; the bruised leaves are also good being applyed, but not so powersul; being boild in Water or Wine, it consumes thick pblegm, and viscus humours in the Chest and Stomach. A syrup may be made thereof with su-

gar or honey for the same purpose, and to cleanse the body of clammy humours, and opens the Liver and Spleen; by later experience it hath been found to cure many of the falling Sicknes, taking the decoction of two handfuls thereof with four ounces of Pollipody of the Oak bruised. Mr. Culpeper magnifies an Oyntment thereof for a scabby Head.

Fumitory. Fumaria.

**Descri-
ption.** It is a tender sappy Plant, sending forth from one square slender stalk (leaning downwards) many branches two or three foot long, with fine jagged leaves of a pale bluish or Sea-green colour; the flowers stand like a long spike one above another on the tops of the branches, of a reddish purple colour, with whitish bellies commonly; yet in Cornwall it bears perfect white flowers: it bears a small black seed contained in small round husks; the root is yellow and small, full of juyce when it is green, but quickly perishes with the ripe seed.

Names.] The Greeks call it *Kάριον*, and *Kάριον*, the Latines, *Fumus terra*, and *Fumaria*, in English Fumitory.

Place and Time.] It grows in Corn Fields almost every where, as well as in Gardens: It flowers for the most part in May, and the seed is ripe in August.

Nature and Vertues.] It is a bitter herb, which sheweth it to be hot, and is hot in the first degree, and dry in the second; it gently purges melancholly & salt humours, opens & cleanses the Entrails, and strengthens those parts; it purges chollerick humours by Urine, and helps foul diseases of the skin, as the Itch, &c. arising from adust humours, & the French Pox; it prevails in chollerick Fevers, the Jaundies and Quartan Agues, and chronical diseases arising from stoppings of the viscerous parts: three or four ounces of the distill'd water drunk morning and evening, cures the yellow Jaundies, & is

good

good against the Itch and Leprosie: a dram or two of London Treacle, and a scruple of Bole-Armoniack taken in two ounces of the water, is good in the Pestilence: it provokes the Terms, and dissolves congeal'd blood: the decoction helps the Gout, the feet being bath'd therewith. The distilled Water with some honey of Roses, helps Sores and Ulcers of the Mouth; the juyce dropt into the Eyes clears the sight, and the juyce having a little Gum-Arabick dissolved therein, and applyed to the Eye-lids where the hair hath been pulled off, will keep it from growing again: the juyce mixt with the juyce of Dock, Oximel, and Vinegar cures the Morpew; and a bath made of the same with Barley, Bran, Mallows, Violets, Nep, and Dock Roots, cures Scabs, Itch, and Leprosie, Wheals and Pimples in the Face, or elsewhere.

Furshush, or Furies.

THESE are so well known, they need no description. *Names.*] In Norfolk they are called *Whinns*, in some Countries *Goss*, and in Hampshire *Furies*.

Place and Time.] They plentifully grow in dry barren Heaths, and sandy Grounds, and flower in the middle of Summer, and are seldom without flowers at any time of the year.

Nature and Vertues.] They are under the dominion of Mars, hot and dry, the flowers are effectual to open obstructions of the Liver and Spleen, and the decoction thereof is good against the yellow Jaundies, provokes Urine, and cleanses the Kidneys and Bladder from the Gravel and Stone.

Galanga.

THIS Plant grows in the East Indies, and China, from whence it is brought to us.

Nature and Vertues.] It is hot and dry almost in the third degree, it is profitable in all cold diseases of the stomach;

it helps concoction, expels wind from it, being boild in Wine and taken morning and evening: it helps a moist brain and the Vertigo, trembling of the Heart, and knawings of the Stomach; it cleanses the passages of the Urine, provokes Venerie, helps conception, remedies cold and windy distempers of the Womb, being drunk with the water or juyce of Plantain; it stops the bloody Flux, and strengthens nature, helps the trembling of the heart, and comforts the brain: half a dram of the powder thereof is the dose at one time, to be taken in the morning, or an hour before meat.

Garlick. Allium.

IF you smell ones breath that hath eaten it, you may know it by the scent.

Names.] Allium the Latines call it, and Gallen Theriaca Rusticorum, Countrymans Treacle; in English Garlick.

It is planted in small cloves in Gardens, which grow to great heads by the latter end of Summer.

Nature and Vertues.] It is hot and dry in the third degree, a Martial Plant, it heats the body being eaten, digesting & consuming tough and clammy humours, opens obstructions, remedies cold poisons, and the bitings of venomous Beasts: it helps old Coughs, provokes Urine, kills worms, breaks wind, helps the Ghollick and Dropsie, proceeding of cold; it stirs up natural heat, and helps a cold and moist Stomach; it is good against the biting of mad Dogs, for shortness of breath, the cold Head-ach, Consumption of the Lungs, and pissing of Blood; being tempered with Honey, and the parts anointed with it, cures scabbed Heads, Scurff, Morphem and Tetters: the Ashes strewed in Ulcers heals them, being applyed with Figs and Commin, it cures the biting of a Shrew-Mouse.

Vices.] Many are the Vertues of Garlick, yet accompanied with some Vices; it is hurtful for young men and choleric persons, for women with Child, and such as give suck:

and

and being eaten raw too liberally; it dims the sight, offends the Stomach, and burns the blood; it is good for old, cold, and phlegmatick persons: the best way of preparing it is to boil it well, either in milk, or otherwise, and eat it with Oyl, or Vinegar.

Gentian, or Felwort. Gentiana.

Descri-ption. **M**aster Coles reckons six sorts hereof to grow within Great Brittain, Master Culpepper but two, which I shall only describe.

The first hollow leaved Felwort, or English Gentian hath small long roots, deep in the ground, and abiding all Winter, having stalks of a brownish green colour, with long narrow green leaves set by couples up to the top: the flowers are long and hollow, of a purple colour, with five corners.

The other smaller sort hath many stalks not a foot high, with several branches; the leaves very like those of the lesser Centaury, of a whitish green colour; the flowers are blue, growing on the tops of the stalks: the root is small and fibrous.

Names. *Gentiana* in Latine, and *Gentianella* the lesser sort; in English, Gentian, Felwort, Bitterwort, and Baldmony.

Place and Time. The first grows in divers places of Kent, as about Southfleet, and Long Field near Gravesend; so likewise doth the other, and upon Barton Hills in Bedfordshire, and not far from St. Albans, upon a piece of waste chalky ground as you go out of Dunstable way towards Gorbambury: They flower in August, and the seed is ripe in September.

Nature and Vertues. The root which is chiefly in use, is bot and dry in the third degree, a Martial plant; it strengthens the heart and stomach, resists poison, putrefaction, and the Pesti-

Pestilence; and helps digestion; the powder of the dry roots helps bitings of mad dogs, and venomous Beasts, opens the Liver, and procures an Appetite: Wine wherein the herb hath been steeped being drunk, refreshes such as are overwearied by Travel, or are lame in their Joynts by cold or bad Lodgings; it is good for bruises, & to help pains and stitches in the sides: the decoction is good against Cramps & Convulsions, provokes Urine, and the Terms, so that it is not to be given to women with Child: it dissolves congeal'd blood, is good in the Drop-sie, strangling of the Mother, drives down the dead Child, and After-birth, helps falling Sicknes, Worms, Cough, and shortness of breath; it expels the wind, and is profitable in all cold diseases, the iuyce or powder of the root heals green wounds, and cleanses and heals up fretting rotten Ulcers, Fistula's and Cancers. The root is used by Chirurgions to enlarge the Orifice of a Sore. The herb applyed helps swellings of the Kings Evil, and the iuyce clears the sight, being dropt into the eyes: it helps the bots in Cattle; and the swelling of a Cows Udder, being bitten by a Venomous Creature, the place being stroaked and fomented with the decoction of this Herb.

Germander. Trissago.

Descri-ption. Common Germander shooteth forth many branches leaning towards the ground, whereupon grow small leaves snipt about the edges like the teeth of a Saw: the flowers are purple, small, and stand close to the leaves on the tops of the branches, the root is slender and stringy, which spreading round about, causes it to be very plentiful where it is once set.

Names. Chamadrys is the Greek name, and Latine name used in Shops, yet its called by some Trissago, and Quercula minor, because the leaves resemble an Oak leaf; in English it is called Germander; and English Treacle.

Place and Time. It is planted in Gardens usually with

us, yet groweth also wild : It flowers about June and July.

Nature and Vertues.] *Germander* is hot and dry almost in the third degree, of subtil parts, and hath a cutting quality : it is a Mercurial herb : the leaves of *Germander*, and the seeds of *Nigella* quilted in a Cap, helps Catarrhs and distillations of cold Rheums, being worn on the heads of them that are troubled therewith. The herb used with honey cleanseth foul Ulcers ; the juyce mixt with honey, helps dimness and moistness of the eyes ; the herb being bruised and applied, is good against venome and venomous bitings. The decoction of the green Herb helps distempers of the Spleen, pains of the side, provokes Urine, the Courses, and used with Honey, it is good for Coughs ; it quickens the Spirits, helps diseases of the Brain, falling Sicknes, Lethargy, Palsie, and Gout : a dram of the seed in powder is good for the yellow Jaundies, purging it by Urine, and kills Worms.

Stinking Gladwin, Vide Orris, it is a kind of a Flower *Da luce*, which see in *Orris*.

Ginger. Zinziber.

THIS Indian Root is hot and dry in the third degree, the Latine name is *Zinziber* ; it is good for a cold Stomach, it warmeth it, and expels Wind there and in the Bowels, and helpeth digestion ; it likewise corrects the rawness of the Stomach, and clears the breast ; Green *Ginger* provokes lust, dries up moisture of the Stomach, phlegm of the Lungs, opens obstructions, and is good in all cold griefs of the Stomach.

Golden Rod. Auria virga.

Descrip. **G**OLDEN Rod groweth up with brownish small stalks, about half a yard high, with dark green narrow leaves, sometimes (but very seldom

so found) dented about the edges, and as seldom with strakes or white spots therein, divided at the tops into many small branches, with divers small yellow flowers on every one of them, which are turn'd one way, and being ripe become down, and are blown away with the wind: The root consists of divers small fibres, not running deep in the ground, yet abiding all Winter, sending forth new branches every year, the old ones dying.

Names.] *Auria virga* it is called in Latine; in English Golden Rod.

Place and Time.] It grows both in moist and dry grounds in many places of this Land, in Woods & Coppies, in *Hamsted Wood*, and *Kentish-Town*, near *Gravesend* in *Swanscomb Wood* & *Southfleet*: It flowers about *July*.

Nature and Vertues.] *Golden Rod* is hot and dry in the second degree, with a cleansing astringent quality, a reputed Herb of Venus; it is useful in lotions for sores in the mouth & Throat, and is a good wound herb for inward or outward Wounds, Bleeding, or Bruises, and for Ruptures, to be used inwardly, and outwardly; it stays Fluxes and Courses, it dries up moist humours in old Sores and Ulcers, which hinder their healing. The decoction helps to fasten loose Teeth, and it is commended and approv'd to be good against the Gravel and Stone in the Reins and Kidneys, and to provoke Urine.

Gooseberry Bush. *Grossularia*.

I Think it needs no description, it is called in Latine *Uva Crispa*, and *Grossularia*; in some places, Feaberry, Dewberry, and Wineberry Bush, but most commonly Gooseberry Bush in English.

Nature and Vertues.] The Berries before they be ripe are cold and dry, and something binding; they are under the dominion of Venus, they cool the vehement heat of the stomach and Liver, & provoke appetite, being scalded and eaten with

Rose-water and Sugar, or made in Tarts, or stewed with Mutton; they also make good sauce for Green Geese, and many other dishes both Flesh and Fish; they are good to boil in broth, for such as have hot Agues; they stay the longings of Women with Child: being ripe, they are pleasant to the Stomach. The decoction of the leaves cool Inflammations, and St. Antonies fire. The tender leaves are good to break the Stone, and expel Gravel; but too much of the fruit breeds Crudities and Worms, especially before it is ripe.

Gromel. Milium solis.

Descri-ption. **T**Here be accounted nine sorts of this Herb, whereof I shall mention three. 1. Great upright Gromel. 2. The greater creeping Gromel. 3. Small wild Gromel.

The great upright Gromel rises up with divers upright, slender, hairy, woody, brown crusted stalks very little branched, with long, hard, rough, sharp pointed narrow green leaves; the flowers stand at the tops of the stalks, are small and white: the seed is white, round, and shining, the root is hard and woddy, with many fibres; it abides all the year, but the stalks dye.

Names.] It is called *Milium solis*, and *Granum solis* in Shops, and also *Litho spermum*; in English Gromel, and Pearl Plant.

Place and Time.] The first groweth in Gardens, the second and third grow wild in many places of this Land, on barren grounds: they flower from Midsummer till September, the seed ripening in the mean time.

Nature and Vertues.] *Gromel-seeds* are hot and dry in the second degree, under Venus, saith Culpepper; they are singular good to break the Stone, to open and cleanse the Reins, Kidneys & Bladder, to drive forth the Gravel, provoke Urine, and do expel wind exceedingly: two drams of the seed

seed in powder, given in Breast milk to a woman in Travel, procures speedy delivery: the Herb it self boild in Wine and drunk, worketh all the same effects, but weaker than the seeds.

¶ See further in The Expert Doctors Dispensatory: by P. Morellus.

Winter Green. Pyrola.

Descri- **T**His sendeth up round pointed leaves, every
tion. one standing on a long foot stalk, of a sad green colour, almost like Pear-Tree leaves, and so are the flowers; the stalk is weak and slender, yet standing upright, bearing many small white flowers, smelling sweet, consisting of five round pointed leaves, with many yellowish threds in the middle, about a green head, which groweth to be the seed Vessel, and is five square when it is ripe, with a small point; in it is the seed as small as dust: it hath a brownish creeping root.

Names.] It is called in Latine *Pyrola*; in English Winter green.

Place and Time.] It groweth in the Northern parts of England: they flower about July, or later.

Nature and Vertues.] Winter green is cold in the second degree, and dry in the third, having a Glutinous and very binding quality, a Saturnine Herb; it is a very good wound herb, to cleanse and consolidate green wounds, the green herb or juyce applyed, or a salve made thereof with Hogs Lard, or with sallet Oyl, Wax, and Turpentine: The decoction is good for inward hurts, us'd by it self, or with other herbs, as Comfrey, &c. and for Ulcers in the Kidneys and Bladder; it stays Fluxes and overflowing of the Courses: it is good for foul Olcers and Fistula's. The distilled water performs the same. The herb may also be kept dry to use in Decoctions, and made into powder to be taken in drink,

Ground-pine. Chamæpitis.

**Descri-
ption.** **G**round-pine seldom groweth above the height of a hand breadth from the ground, it hath many small branches, which are set with slender, long, narrow, grey, whitish leaves, hairy, and sometimes divided into three parts, many of them growing together at a joyn, and having a scent like Rosin or pitch; it yields a pale yellow small flower, growing amongst the leaves at the joyns of the stalks; after which follow small long and round husks: the root is woody, but small, and dyeth every year.

Names.] In Shops it is usually called *Chamæpitis*, which name both Greeks and Latine use; it is called also in Latine *Abiga*, and by some *Thus terra*, and *Iva Arthritica*; in English Herb Ivy, Forget me not, Ground-pine, and Field Cypress.

Place and Time.] It groweth plentifully in Kent, about Gravesend, Cobham, Southfleet, Dartford, and other places; flowers in June and July, and yields its seed about August.

Nature and Vertues.] It is hot in the second degree, and dry in the third: the decoction of Ground pine being drunk, procures Womens Courses, helps diseases of the Mother, expels a dead Child and After-Birth, and is very powerful in causing Abortion: wherefore let not Women with Child meddle with it. The same prevails against the Stranguy, and inward pains of the Reins, it opens the Liver and Spleen, cleanseth gross Blood. The decoction of the Herb in Wine, taken inwardly, or outwardly applyed, helps diseases of the Joyns, as the Gout, Sciatica, Cramps, Palsie, and Aches, for which purpose there is also a Pill made with the powder of Groundspine, *Hermodactyls*, and *Venus-Turpentine*, which Pills are also good for the Dropsie and Jaundies,

dies, pains in the Belly and Joynts, and helps cold diseases of the Brain, and is good for the Falling Sicknes: its a good remedy against poisonous Herbs, as Aconites, and the stinging of venomous Beasts. This green herb, or the decoction applyed, dissolves Tumours in any part of the Body, and the hardness of the Womens Breasts; and the juyce or herb applyed with honey, cleanseth Ulcers, and soders up the lips of green wounds. The herb tunned up in Drink, the Conserve of the Flowers, and the distilled Water have the same effects for the aforementioned diseases, but more weakly.

¶ See furrher in *The art of Simpling*: written by *W. Coles*.

Groundsel. Senecio.

*Descri-
ption.* **G**roundsel riseth up with a round, green, and somewhat brownish stalks, spread toward the top into branches, set with long narrow green leaves, cut in the edges, somewhat resembling an oaken leaf, but lesser, and round at the ends; at the tops of the stalks & branches grow many green knaps or heads, out of which grow small thrums of yellow flowers, which continue brown a few dayes, and after pass into down, which with the seed is blown about with the wind: the root is small and threddy, quickly perishing, and the herb as soon springing again from the seed that it sheds; so that it is green and in flower many months in the year, springing and feeding twice a year at least in a Garden.

Names.] The Greeks call it *νεμωφωρ*, and the Latines *Senecio*, because it soon becomes hoary; it is called in English Groundsel, and Grunsel.

Place and Time.] It grows frequently in Gardens, and will not easily be wedded out, it grows also on the tops of old Walls, and at the bottom amongst any rubbish,

in untill'd grounds, and by ditches sides about London plentifully, and is to be found almost all the year.

Nature and Vertues.] Groundsel is cold and moist, and digisteth, and is by Culpepper accounted to be the chiefeſt flower in Venus Noſegay; the decoction thereof in wine purgeth Choller by Vomit, and ſo eaſeth pains in the Stomach : the juyce thereof in drink, or the decoction thereof with a few Currans in water, doth the like ; it provokes Urine alſo, and cleanſeth Gravel ; it is good alſo againſt the Jaundies and falling Sickneſs, taken in wine, or a dram thereof in Oxymel, it alſo provokes the Terms: and a pultis made of the herb eaſeth hot Inſtaminations and Swellings of the Breasts, privy parts, Arteries, Joynts, and Sinews of man or woman, & helps to diſſolve knots or kernels in any part of the body of man or woman : the diſtilled water of the herb helps Inſtaminations and watering of the Eyes, and ſo doth the clarified juyce.

Guaiacum.

Deſcription.] **T**His Tree grows in the Weſt Indies, and the Wood and Bark is plentifully brought here into England ; ſo that I ſhall forbear any further deſcription thereof.

Names.] The Latines call it Guaiacum, Lignum Indicum, Lignum Sanctum, and Lignum vita ; in Engliſh it is called Pockwood, becauſe of its excellent faculty for that purpoſe.

Nature and Vertues.] It is hot and dry in the ſecond degree, and of a cleaſing quality ; whereby it is an excellent remedy for the Pox, reſiſting putrefaction, cleaſing the blood, provoking ſweat, and ſtrengthening the Liver, and is properly taken in a decoction thus made.

R. of Guaiacum, lib. 1. of the Bark thereof two ounces, infuſe them four and twenty hours in fourteen pints of Spring water, then boil them till half be conſum'd, adding thereto Ligno-

Liquorice two ounces, Anniseeds one ounce ; this is also good against the Dropsie; Falling Sickness, shortness of Breath, Catarrhs, Rheums, cold phlegmatick humours, Gout, Sciatica, and Joynt aches, and is good against Scabs, Itch, and Leprosie, and it makes the Teeth white, and fastens them, if they be often washed with the decoction thereof. The Bark may be given in powder from half a dram to a dram, for the forementioned diseases.

Stinking Gladwin. *Spatula Fætida.*

Descri-^{tion.} **I**t hath long narrow leaves like Iris (where- of it is a kind) but smaller, and being rubbed, of a loathsome smell, having many stalks which are round towards the top, out of which come the flowers, much like the Flower de Luce, of an over-worn blue, or rather purple colour, with some yellow and red streaks in the midst, after wch come great husks or cods in which is contain'd a red berry or seed as big as a Pea; the root is long and threddy underneath; reddish without and white within, and of a hot taste and evil smell.

Names.] It is call'd in Greek *ἐχέυς* by *Dioscorides*, and *ἑχέυρα* by *Theophrastus*; it is also call'd *Spatula fatida*, and *Xyris* in English stinking Gladwin and Spurgewort.

Place and Time.] It is planted in Gardens, and groweth wild in many moist and shadowy places and woods near the Sea, and likewise in upland grounds; it flowers in July and August, the seed is ripe in September.

Nature and Vertues.] Gladwin is hot & dry in the third degree, having a heating and extenuating quality; the roots pounded and snuffed up into the nose, provoke sneezing, whereby they purge the head: the root is also effectual against the Cough, being us'd in an electuary or Lohoch for that purpose; it digests gross humours, purges Choller and Phlegm, procures sleep, and helps gripings in the Belly, Cramps, and Convulsions:

ons, the powder thereof being drunk in Wine; also it easeth the Gout, Sciatica, and the Strangury: a dram of the seed beaten to powder and drunk in wine, provokes Urine. A Pessary thereof hastens the Birth, procures the Terms, but causeth Abortion: the roots us'd in a plaister is good in wounds, especially of the head, and to cause the flesh to grow where the bones be bare, and is good to assuage swellings of the Kings Evil, and Buboes in the Groin; it stayeth the Flux, as Rhubarb and Asarum do, by concoction and taking away the cause of the Lask, tho' it first moveth to the stool; for the decoction of the root, or leaves, or the infusion thereof in Ale, purgeth Phlegm and Cholier: the root also hath great force to draw out Thorns, Stubs, Prickles, Splinters, or any other thing sticking in the flesh, by reason of his attracting drying, and digesting faculty: it is also good against evil affections of the Breast and Lungs, being taken in sweet Wine with some Spikenard, or in Whey, with a little Masick; the juyce of the leaves and roots healeth the Itch, Scabs, and Blemishes in the skin, and being snuffed up into the Nose, provokes sneezing, purging forth at the Nose filthy excrements, keeping them from falling into other parts of the body to future prejudice of Health.

Goutwort, or Herb Gerrard. *Herba Gerrardi.*

Descri- ption. **T**HIS is the second kind of Masterwort, and is called wild Masterwort, being very like unto it in leaves, flowers, and roots, saving only that they be smaller, growing on long stems: the roots are not so thick and tuberous as Masterwort, and more tender and whiter. The whole plant is of a good favour, but not so strong as Masterwort.

Names. In Latine it is called *Podagraria Germanica*, from

from its faculty in easing the Gout, and *Herba Gerardii* in English Goutwort, Ashweed, and wild Masterwort.

Place and Time.] It groweth of it self in Gardens without any sowing, where having once taken root, it will so increase, as hardly to be gotten out again, destroying other herbs, it grows likewise by hedges sides, and in the borders and corners of Fields; it flowers from June till August.

Nature and Vertues.] Goutwort is hot and dry almost in the third degree, being near the nature of Masterwort: the roots stamp and laid upon any part troubled with the Gout, asswageth the pain, and takes away the swelling and inflammation thereof. The Fundament being bathed with the decoction of the leaves and roots, and the boiled leaves applied very hot thereunto cureth the Hemorrhoides.

Glaswort or Saltwort. *Kali Geniculatum*,
Sive *Salicornia*.

Descri-ption. IT hath many thick round stalks a foot high, full of fat thick sprigs, with many joynts or knots, without any leaves, of a reddish green colour: the whole Plant is like a branch of Corral; the root is very small and single.

There is another kind mentioned by *Lobel*, called by him *Kali mimus*, having many slender weak branches spread upon the Ground, set with many round long sharp pointed leaves of a whitish green colour: the seed is small and thinning, somewhat like Sorril seed, the root slender, with many fibres: the whole Plant is of a saltish taste. *Dodenus* calls this *Kali album*.

Names.] The *Arabians* call it *Kali*, and *Alkali*; the ashes hereof are by *Mathiolus* called *Sylvaticus soda*, most usually *Sal Alkali*, and *Alumen Calinum*; but *Alumen Cali-*

num is the most proper name of the Ashes it self, and *Sal Alkali*, the salt which is made of the Ashes: the herb is also call'd *Kali articulatum*, or joyned Glaswort, and Salt-wort, Crab-grass, and Frog-grass in English.

Place and Time.] Glas-wort is found in moist salt Marshes about the Sea Coast; great store of it grows about the Sea Coast near *Dover*: they flourish in the Summer months.

Nature and Vertues.] Glas-wort is hot and dry, the Ashes hotter and dryer to the fourth degree, having a caustick or burning quality: The powder of Stones, and the Ashes hereof mixt together, and melted, is the matter whereof Glass is made, which when it is glowing hot in the Furnace, casts up a fat matter on the top of it, which when it is cold, is hard and brittle, and is called *Axungia vitri*; in English *Sandiver*, and in Italian *Fior de Christalla*, that is, Flower of Christal: A small quantity of the herb taken inwardly, mightily provokes Urine, drives forth the dead Child, draweth forth by siege watry humours, and purgeth away the Dropsie, but it must be used with discretion, for a great quantity thereof is dangerous, hurtful, and deadly. The smoke of the Herb being burnt, drives away Serpents and Venomous Worms. The Ashes may be mixed with medicines to take away Scabs, Leprosie, and to cleanse the skin; and likewise it consumes proud and superfluous flesh in poisonous and filthy Ulcers, as say *Avicen*, and *Serapio*.

Sandiver doth dry and takes away Scabs and Manginess, the foul parts being washed and bathed with the water wherein it hath been boiled.

¶ See more of this in *The Expert Doctors Dispensatory*: by *P. Morellus*.

¶ See further in *Adam in Eden*: written by *Will. Goles*.

Goats Thorn, or Gum Dragon.
Tragacantha.

**Descri-
ption.** **I**T is a blusky plant, having thorns which re-
present a Goats beard, having a great root ;
which being wounded with some Instrument, yieldeth
a liquor, which by the heat of the Sun is soon conden-
sed into a shining white Gum, shriveling it self into lit-
tle crooked pieces, sweet in taste.

Names, Place and Time.] It is called in Greek *τραγα-
κανθα*, and is known in Latine by the name of *Traga-
cantha*, *Gummi Tragacanthæ* ; and Gum Trajant in En-
glish, and is brought to us from Candy and Syria, where
it yields his Gum in Autumn.

Nature and Vertues.] Gum Dragant is somewhat dry,
having a quality to dull and allay the sharpness of humours :
a dram of it dissolv'd in Sweet wine, and a little burnt Harts-
horn washt, and a little Allome mixt with it and drunk, is
good against the sharpness of the Urine, and helps pains of the
Guts and Bowels; being dissolv'd and mixt with other pecto-
rals, it helps the Cough and hoarseness of the Throat, salt,
and sharp distillations upon the Lungs, being taken as an Ele-
ctuary, or put under the tongue, letting it distil gently down,
and so it taketh away the roughness of the Tongue : The said
Gum being torrefied, or dryed at the fire, and mixed with
the juyce or wine of Quinces, and used in a Glister, is good
against the bloody Flux ; being boil'd in wine with Stoechas
and drunk, it warmeth and cleanseth the Breast, Stomach,
and Bowels, being afflicted with any cold, helps the Chollick
and stopping of the Spleen and Urine: it is also us'd in Medi-
cines for the Eyes, to allay the heat and sharpness of hot
Rheums; and being dissolved in milk and used, it takes away
white spots growing in the Eyes, the itching of them, and
wheals

Wheals and Scabs that grow upon the Eye-lids ; it cleanseth the face, and maketh it white, if it be steeped a night in Rose-water, and in the morning a little Borace or Camphire be put thereto, and the face washt therewith ; being dissolved in Rose-water and strained, and some white starch mixt with it, it is effectual to help sores and Chaps of the Mouth, Lips, and Hands, the place being anointed there-with : the Muscilage mixt with Honey, doth the same, and is good for the Leprosie. The powder of it taken in broth is available for those that have broken a Vein, or have the Cramp.

There is another kind hereof called in Greek *Ποτερίον*, *Poterion*, because it delights in watry places, which grows in Candy, and about Marselles and Montpelier in France : the root whereof being boiled in Wine and drunk, is profitable against the poyson of the Red Toad ; and being made into a pultis, and applyed to any Nerve or Snew that is cut, wounded, or hurt, doth heal them, and soder them together, and all other kinds of wounds and cuts. The said decoction of the roots in Wine, is effectual to be drunk for the said purposes, and for inward Wounds or Veins that are broken.

There is another Gum brought into England, and to be had at our Druggists call'd Gum Arabick, which is effectual for many of the aforesaid purposes, but especially for helping those frettings of the Reins and Bladder which cause bloody Urine, being used in the same manner as Gum Tragant.

Harts-ease, or wild Pansies. *Herba Trinitatis.*

Description **T**HIS is a kind of Violets growing as well in Gardens as Fields, and is generally known by the name of Hartseale ; and in Latine it is called *Viola Tricolor*, *Herba Trinitatis* ; in English Herb Trini-

Trinity, and by some, love in Idleness, Call me to you, and Three Faces under a hood.

Place and Time.] They grow as I said before as well in Fields as Gardens; they flower all the Spring and Summer.

Nature and Verrues.] They are cold and moist, and much of the nature of Violets, tho not so effectual; it is reputed to be Saturnine, and an excellent anti-Venerial Medicine for the French Pox: a decoction used of the herbs and flowers, or a Syrup made therewith; the spirit of it is good for the Falling Sicknes, Convulsions, Plurisie, and Inflammations of the Lungs and Breast.

Harts Tongue. Scolopendria.

Descri-ption. **H**Art Tongue riseth up with divers leaves springing severally from the root, at first crumpled like Ferne, but at their full growth almost a foot long, smooth and green above, but straked underneath, overthwart with small and somewhat long brownish marks; the bottom of the leaves are a little bowed on each side of the middle rib, somewhat narrow and small at the end: the root consists of many black threds interlaced together.

Names.] It is known in Shops by the Latine name of *Scolopendria*, and *Scolopendrium*, and is called also *Lingua Cervina*; in English Harts Tongue.

Place and Time.] It delights to grow in shadowy moist places, in the insides of Wells, and by *Walkerton* towards the Sea-side, near *Arundel* in *Sussex*, it grows so plentifully by the High-way sides on the banks of the Dithces, you may gather loads of it: it bears no flower, but is green all the year, and bringeth forth new leaves in the Spring and Summer.

Nature and Vertues.] *Authors disagree whether it be*
hot;

hot or cold, but I judge it to be moderately hot, of the nature of Jupiter; it hath a binding drying faculty, it is an excellent herb for all Diseases of the Milt, by reducing it to its right temper; whether it be too much opened, or swollen hard, or stopt. The decoction thereof taken in Wine, and the herb boiled and laid to the griev'd place; it likewise mollifies, opens, and strengthens the Liver and Stomach, and stops the Terms, spitting of blood, and other Fluxes. A decoction made of Harts Tongue, Knot-grass, and Comfrey roots, a draught thereof being drunk every morning, and the boiled herb applyed to the griev'd place, is a good remedy against Burstness: it is also profitable in the Jaundies, Kings Evil, and bitings of venomous Beasts. The herb, or juyce applyed, cleanseth Wounds and Ulcers; and the distilled Water is commended against the passion of the Heart, Hiccup, and bleeding of the Gums.

¶ See more of this in *The Art of Simpling*: written by W. Coles.

Hazel Nut Tree. *Nux tenuis*:

IT is so well known it needs no description.

Names.] *Nux tenuis*, or *Parva*, some call it, to distinguish it from Walnuts, others *Corylus*, and *Nux Avelana*. Those in Gardens are call'd in English Filberds, and the wild kind, Hazel and Small Nurs.

Place and Time.] They are commoners in most woods and hedges; the fruit of some of them is ripe in August, and of others not till the beginning of October.

Nature and Vertues.] Hazel Nuts fresh gathered, are hot and moist, but afterwards they grow dry; they are under the Planet Mercury: the skin that covers the kernels is very astringent, so are the Katkins; a dram thereof in wine stays womens Courses: The parched kernels made into an Electuary, helps an old Cough. An Oyl may be pressed from the kernels

nels in the same manner, as is made oyl of sweet Almonds; which is very effectual for Coughs, Hoarseness, and shortness of Breath; so that Nut. Kernels do not altogether deserve the blame which is usually laid upon them, for causing shortness of Breath.

Hawkweed. Hieracium.

**Descri-
ption.** **H**awkweed hath many leaves lying on the ground, cut on the sides much like Dandelion, amongst which shooteth up a rough hollow stalk, not above two foot high at most, branched from the middle upwards, with lesser leaves, and not so much dented as the other, growing at every joint; at the top grow pale yellow flowers, having many small narrow leaves, broad pointed, and nicked at the ends; set in a double row, or more, which turn into down; and with the small brownish seeds is carryed away with the wind: the root is long, white, and full of small fibres, the whole plant full of bitter milk.

Names.] In Latine it is called *Hieracium*, and *Accipitrina*; by some *Lampuca*, *Porcellia*; and *Hypocheris* and *Hyoseris*; in English only Hawkweed.

Place and Time.] It grows in untill'd places, by the borders of Fields and ditches sides, in Meadows, Woods, and Mountains: they flower for the most part all Summer.

Nature and Vertues.] Hawkweeds are all cold and dry; and withal astringent, suppos'd to be a Saturnine Plant, appropriated to the eyes; for which purpose it is said Hawks eat it to clear their sight; and thence it takes its name: the juice of it mixt with Womans milk dropped into the Eyes, is very good for all defects thereof, and so is the distill'd water us'd in like manner; it is also good against fretting and creep-

ing Ulcers, and against Puskes, Inflammations, St. Anthonies fire, and erruptions of heat. A pultis made of it with meat appyed to any place affected with the Cramp or Convulsions, giveth ease. The juyce taken in Wine, helps digestion, discusseth Wind, and crudities in the Stomach, provokes Urine, helps venomous bitings, the herb also outwardly applied. A scruple of the concreted juyce taken in Wine, and Vinegar, is profitable against the Dropsie. The decoction of the herb with hon-y digesteth Phlegm, being boiled in Wine with wild Succory, and taken, it helps the wind Chollick, mollifies the Spleen, procures Sleep, abates Venery, and Nocturnal pollutions, cooleth heat, purgeth the Stomach, increaseth Blood; and helps diseases of the Reins and Bladder. The distilled water cleanseth the skin from Freckles, Spots, and Morpew.

Haw-Thorn. Spina.

THis Shrub is well known in every hedge; there is reputed three kinds, our common Haw-thorn; another lower shrub which grow in Germany, and bears yellow fruit, and a third which flowers twice a year, of which kind is that of Glassenbury, and that in Whey-street in Rumney Marsh, and near Nantwich in Cheshire.

Names and Time.] Spina is the Latine Name; in English Haw-thorn, White-thorn, and of some May, and May Bith, because its in flower about May day, and the fruit is ripe in October, when the frost hath bitten them.

Nature and Vertues.] It is of an astringent drying quality, both leaves, flowers, and fruit. Culpepper ascribes it to Mars, because he would not have him want Weapons; he may make use of the prickles, and let Saturn take the fruit. The powder of the berries, or of the seeds in the berries, is reputed good against the Stone, and the Dropsie, being drunk in Wine. The flowers steeped three days in Wine, and then distill'd in a glass, and the water thereof drunk, is good against

against the Plurisie and inward tormenting pains. The water of the flowers also stayeth the Flux, or Lask, and so doth the fruit being eaten. Cloaths or Spunges wet in the said water, and applyed to the place where Thorns or Splinters be in the flesh, will draw them forth.

Hedge-mustard, or Bank-cress. *Erysimum*.

Descri-ption. IT springeth up with one blackish green stalk; flexible, but tough, and not easie to break, branched into divers parts, and sometimes with divers stalks full of branches, with long, rough, hard leaves, much cut in the edges into many parts, some bigger, and some lesser, of a darkish green colour; at the tops of the branches grow small yellow flowers in long spikes, flowering by degrees; the stalks have small round cods at the bottom, growing upright close to the stalk, while the top flowers as yet shew themselves, wherein is a small yellow seed, sharp and strong, as is the Herb; the root is slender and woody, but abideth the Winter, springing again every year.

Names.] Amongst other, *Erysimum* serves for a Latine Title, and the Greek one too; Gerhard calls it Bank-cress, and Parkinson Wild hedge-mustard.

Place and Time.] It is common by ways and hedge-fides, walls, and sometimes in open Fields, and flowers about July.

Nature and Vertues.] Its a Mercurial Plant, of a cleansing qualisy, temperately hot, singular in all diseases of the Lungs, to help hoarseness, and recover a lost voice: the juice made into a Syrup of Loboc, with honey or Sugar: it is profitable also against the Jaundies, Plurisie, pains in the Back and Loins, and the griping of the guts being used in glisters. The seed is held an Antidote against poison; it is good for the

Gout, and Aches, Fistula's and Ulcers, and for swellings or hardness in Womens Breasts, and the Testicles.

White Hellebore. Helleborus.

Descri-ption. **T**Here are accounted eight kinds of this Hellebore, some whereof grow in the Northern parts of our Land: The ordinary white Hellebore riseth up with a round whitish head, which opens it self into large green leaves plaited with ribs all along the leaves; from the middle riseth a round stalk with divers leaves to the middle, where it divides into branches, having many small yellowish or whitish green star-like flowers upon them, which turn into a three square whitish seed, standing naked without any husk. The root is thick, great at the head, and is fastned deep into the ground with many white strings.

Names.] *Helleborus albus*, and *Helleborum* in Latine, and also *Veratrum album*; in English Hellebore, and Neese-wort.

Place and Time.] They grow in Germany, Austria, and Russia, and some about Lancashire in Yorkshire: they flower about May, some earlier and some later.

Nature and Vertues.] The root is hot and dry in the third degree, one of Mars his Weapons to tame mad folks with; to be taken unprepared it is dangerous, and extreemly provokes Vomiting: but there is an Oxi-mel made with it which is useful against madness and melancholly, swimming of the Head, and Falling Sicknes, and the Quartain Ague; it brings down the Courses, and kills the Child in the Womb: being put into the Nostrils, it provokes sneezing, purgeth the Head of superfluous Humours, & is good in the Lethargy, and such sleepy diseases, especially if some leaves of Marjoram in powder be mixt with it: it cures Itch, Scabs, and Leprosie, being mixt in Oynments, or with Hogs grease. The dose of
it.

it inwardly is, in decoction or infusion, from a dram to two drams; in substance from ten grains to a scruple.

¶ See further in *Adam in Eden*: by W. Coles.

Black Hellebore. *Helleborus niger.*

Descri- **B**lack Hellebore hath many green leaves
ption. springing from the root, each standing on a stiff round green stalk, about a hand breadth high, having divers cuts, some more, some less, bluntly nicked from the middle of the leaf to the pointward on both sides, from whence upon sundry stalks do arise one flower, or at most but two, consisting of five round white leaves, much like a single white Rose; yet sometimes dashed with purple, having pale yellow thrums in the middle, standing about a green head, in which is contain'd round blackish seed; the root consists of black strings, which run deep into the ground, and are fastened to a thick head about the bigness of ones finger.

Names. *Helleborus niger*, and *Veratrum nigrum* in Latine; in English it is called Black Hellebore, and Christmas flower, because it flourisheth about that time.

Place and Time. There is one kind which groweth in some Woods in *Northamptonshire*, and other places of this Land, the other only in Gardens where it is rare: it groweth in *Greece* and *Germany*, in the Island of *Anticyra*; whence grew a proverb; if any one was sad or melancholly, *Naviga ad Anticyram*; it flowers in *December* and *January*.

Nature and Vertues. Its much of the same temperature as the other, viz. hot and dry in the third degree; it is effectual for melancholly persons, purging the Spleen, and burnt Choller from the blood, and viscos Phlegm from the Head, Entrails, and other parts; and therefore is useful in giddiness of the Head, Apoplexy, Madness, Falling Sicknes, and hypo-

condrial diseases: it is good also in the Quartain Ague, Leprosie, and the Kings Evil: it provokes Urine and the Terms; it cures such as seem to be possessed with the Devil, and therefore is by some called Fuga-dæmonum: it is useful against the Cramp, Convulsions, and pains in the body, and a decoction thereof helps the Tooth-ache, and sores of the mouth; being gargled therewith, and put into the Ears, it helps the noise thereof. It may be taken in powder, infusion, or decoction, the dose as the white, yet be careful of it; it is a churlish Plant. There is another kind called Bears-foot, which killeth Worms, a little of it in powder: if any one hurt themselves by taking Hellebore, let them drink Goats Milk, or red Cows milk after it.

Hemlock. Cicuta.

Descri-ption. IT springeth up at first with broad-winged leaves much like parsley, in the middle arises a hollow green stalk two or three foot high, sometimes spotted, having at severall joynts large-winged leaves, dented about the edges, of a dark green colour; towards the top grow severall Umbels of white flowers, after which follows the seed, of a pale green colour, and flattish when it is ripe: the root is long, white, and sometimes crooked, and hollow within, the whole plant unsavory and offensive to the Senses.

Names. It is called in Latine *Cicuta*; and in English Hemlock, Kex, and by some Herb Benner.

Place and Time. It grows almost by every Ditches side, and in stinking places, and flowers and seeds in July, or thereabouts.

Nature and Vertues. Hemlock is one of Saturns nosegays, it is cold in the third, and dry in the second degree; it may safely be applyed to Inflammations, Tumors, and Swellings, and St. Anthonies fire, Wounds, and Pusches, and for

asswaging any violent pain which it doth by it cold benumbing faculty: the seeds beat small and moistned with Vinegar, and the Groin and Coats being anointed therewith, it abates the desire to Venery, and helps the swelling and coming out of the Matrix, and abates the exceeding bigness of the Dugs; being applyed to the soles of the feet, it brings down the humours that cause the falling Sickness: if any one mistake it for Parsley, or the root for a Parsnip, and be troubled therewith, let them drink liberally of the strongest Sack.

Hemp. Cannabis.

Descri. It is well known, and too well known to mention. Some, yet not to so many as deserve it, but hath been too often to those that deserve it not.

Names. Both Greeks and Latines call it *Cannabis*; in English Hemp: some, Iesters call it Neck-weed, and Welch Parsley; but let them have a care it doth not play in earnest with them.

Place and Time. There be two kinds which grow together, as it is sown both in Gardens and Fields: Summer Hemp, which is ripe in July, and Winter Hemp which bears the seed, and is ripe in September.

Nature and Vertues. It is a Saturnine plant, cold and dry; the seed of it consumes and disperses windiness, and dries up natural seed; being boild in milk and taken, it helps a hot dry Cough: an Emulsion is good against the Jaundies, by opening obstructions of the Gall, and digesting Choler. A decoction of the seed stayeth Lasks and Fluxes, and easeth pains in the bowels: the juyce is held good to kill Worms, and being dropped into the Ears, it kills Worms in them. The decoction thereof allayeth Inflammations, easeth pains of the Gout, and shrinking of the Sinews. The fresh juyce mixt with oyl and butter, is good for to apply to any place burnt with fire: nevertheless this herb indiscreetly

used breedeth ill blood, is hard of digestion, and hurtful to the Head and Stomach.

Henbane. *Jusquiamus*.

Descri- Common Henbane hath very large, thick, **ption.** soft, woolly leaves lying upon the ground, much cut or torn in the edges, of a dark, grayish colour, amongst which rise up divers thick soft stalks about two foot high, spread into divers smaller branches with lesser leaves on them, and many hollow flowers, scarce appearing above the husks, usually torn on one side, ending in five round points which grow one above another, of a deadish yellow colour, somewhat paler towards the edges, with many purplish veins therein, with a small pointel in the middle, standing in a hard close husk, sharp at the top points, wherein is contained much small seed like Poppey seed, but of a duskyish grayish colour; the root is great, white, and thick, the whole plant of an offensive smell.

Names. It hath gotten many fancyed names amongst the Latines; in Shops it is called *Jusquiamus* and *Hyscyamus*; in English Henbane, because the seed is hurtful to Hens.

Place and Time. It grows commonly on every dung-hill, and by stinking ditches lies, and flowers about July.

Nature and Vertues. It is cold almost in the fourth degree, of a benumbing Saturnine quality: the seeds, oyl, and juyce of it is held good to ease pains in the Teeth, though I think a T— would do it better: the leaves of Henbane cool Inflammations of the Eyes or other parts, and asswageth swelling of the Goads, and womens breasts, and asswageth pains of the Gout, Sciatica, and other pains in the Joynts which proceed from a hot cause; being applyed with Vinegar to the Temples,

ples, it helps the Head-ach, and causeth sleep: the Oyl of the seed helps deafness, and noise in the Ears, being drop't therein: the decoction of the herb or seed kills Lice in man or beast: if any one be distempered by taking it inwardly unawares, let them drink Goats milk, or Fennel seed, Mustard seed, Nettles seed, Onions, or Garlick in Wine.

Hagrapur, Vide Mullein.

Hyfop. Hyfopus.

Descripteon IT needs no description; and *Hyfopus* is and Names. I both the Greek and Latine Name, and Hyfop with us.

Place and Time. It is most frequent in Gardens, but I have seen it grow upon Walls: it flowers in June or July, and the seed is ripe in August.

Nature and Vertues. It is an herb of Jupiter, of temperature hot and dry in the third degree, and of a cleansing quality; it is excellent good for shortness of breath, and diseases of the Liver and Lungs, helps wheefings and rheumatick distillations; it helps the Dropfie and Spleen; it is good against the falling Sickness, provokes Urine, and Womens Courses. The distill'd water, decoction, and hyrup, is very good for all stoppings and infirmities of the Lungs; it takes away spots and bruises in the skin, being boil'd, and the place bathed therewith: it is good for the Quinzy, boil'd with Figs and the throat gargled therewith, and boil'd with Vinegar, it helps the tooth-ach, being bruis'd and mixt with salt, honey, & Commyn seed, it helps stinging of Serpents: the green herb bruis'd with sugar, or fresh butter, soop heals a green wound. The oyl kills Lice, and helps the Falling Sickness, expectorates tough Phlegm, and is good in all cold diseases of the Breast and Lungs, being taken in hyrup, or other Medicines. Take two handfuls of the tops of unset Hyfop, as much of the tops of Rosemary, a few Anniseeds, and some Liquorish sliced,

boil

boil it in two quarts of running water, till a third part be consumed, then sweeten it with Sugarcandy, and drink it for an ordinary drink. This I have often proved effectual for the Ptiſick, Coughs, Rheums, Astma's, and Catarrhs.

Holly. *Aquifolium.*

Description [It is well enough known, the Greeks call it *αγεια*, and its called in Latine *Aquifolium*, and *Agrifolium*; we call it Holme, or Holly Bush in English.

Place and Time.] Hedges, Woods, and Commons are well acquainted with it: they flower about June, the berries ripe about Christmas, the leaves green all the year. There is one kind called the Free Holly, because it hath a smooth leaf; the other prickly Holly, which most commonly beareth the most berries.

Nature and Vertues.] The berries are by temperature hot and dry, saith Dodoneus; the plant Saturnine, saith Culpepper, but I believe he forgot himself: ten or twelve of the green berries taken inwardly, purge clammy and phlegmatick humours, and help the Chollick: being dried and taken in powder in Wine, or other drink, they bind the belly, and stop Fluxes; the Bark doth the same more powerfully. A decoction of the Bark of the roots is good to mollifie hardness, and tumours, where bones have been out of Joynt, and helps to consolidate broken bones. A handful of the berries boiled in a pint of Ale till half be consumed, and then strained, and a little butter added to it, and five or six spoonfuls taken at once, is said to be good to provoke Urine, and remedy the stopping of the Stone. The Birdlime which is made of the Bark of Holly is good to draw out Thorns and Splinters that are in the flesh.

[See further in *Adam in Eden*: written by Will. Cole.

Holly

Holy-Thistle, or Carduus Benedictus.

Description IT needs no description, growing, not
and Names. wild in England; the names are in La-
 tine *Carduus Benedictus*; in English Holy and Blessed
 Thistle.

Place and Time. Its natural soil is *Lemnos*, and ma-
 ny of the Grecian Isles, and being brought hither, it is
 diligently preserved in our Gardens, and obtained its
 name from its singular vertues: it is in flower about Ju-
 ly or August, which is the best time to gather it to keep
 all the year. If it be sown or sow it self in August, as
 sometimes it doth, it will make its flower in April.

Nature and Vertues. *Carduus Benedictus* is hot & dry in
 the second degree, having a cleansing opening quality; it is a
 bitter Martial Plant, yet Cordial, a restorer of Poyson;
 the decoction thereof in posset drink, is good against stitches in
 the sides and Plurisie; it provokes Urine and the Courses,
 cleanses the Stomach, strengthens the Memory, helps Deaf-
 ness, and swimming in the Head; it expels pestilential hu-
 mours by sweat, and sometimes doth good in the beginning of
 Agues; in regard it resists putrefaction, it may be one of
 the sub-Committee, in curing the French Pox; but it can ne-
 ver cure it of it self, neither by Sympathy or Antipathy, as
 Culpepper affirms; but his Ballad-monger hath contra-
 dicted all by adding the coupling of the Song, viz. for
 Cure of all Diseases, read my *Riverius*, and *Riolanus* in
 English; when as he pretends in the title to cure all Dis-
 eases for three pence charge: and in truth was never ac-
 quainted with those Authors, which are reported to be
 his Translation. But (to avoid any further digressions) the
 herb is indeed somewhat Antivenereal; the green herb hath
 also notable effects; bruised and outwardly applied to Plague
 Sores, Botches, and venomous bitings; the powder thereof
 stops

stops bleeding at nose, and the juyce and distilled water clears the sight; it is good also in Gangreens and Ulcers, being mixed with Hogs Grease and a little Wheat-flower.

Honey Suckles, or Woodbinde.

Perclymenum.

Descri. IT is very well known, and hath no other *proion.* English Names but what are in the Title; the Greeks call it *πεικλόμενον*, and *πειπλόχας*, in Latine *Perclymenum*, and *Caprifolium*; by some *Sylva mater*, and *Lilium inter Spinas*.

Place and Time. It plentifully grows almost in every hedge, and is planted upon Arbours and House Walls, where it will give a fragrant smell in at the windows. It begins flowring in April, and so continues all the Summer till the latter end of October, if the season be mild; as the last October about the latter end, the hedges were full of them all the way from Tilbury to Stanford in Essex.

Nature and Vertues. It is an herb of Mercury, and hath a cleansing and digesting quality, & is a very good herb in mouth waters for sores in the mouth; let Culpepper say what he will, experience proves it. A Syrup or Conserve of the flowers, or a decoction made of the herb and flowers, is good against diseases of the Lungs and Spleen, and to expellicate tough Phlegm: it likewise doth provoke Urine, and cause speedy delivery in Women, and helps Cramps, Convulsions, and Palsies: the distill'd water is good to dry up Ulcers and cleanse the face from Sun-burnings, Morphem, and other discolourings. The seeds also help the Hiccock, and shortness of breathing; but the leaves and flowers are more useful; the much use thereof causes barrenness in men and women.

¶ See more of this in *The Art of Simpling*: written by W. Coles.

Hops

Hops. *Lupulus*.

Description **I**T is a plant very well known, especially
and Names. by the Brewers, and by the Greeks is
called *βύβλος*, and *βουβλία*; in Latine *Lupulus*.

Place and Time. It groweth in England both wild
and manur'd; Kent flourishes by them: they spring up
in April, and are ripe about September.

Nature and Vertues. Hops are hot and dry in the se-
cond degree, of a cleansing quality, whereby they are reputed
good to cleanse the Reins from Gravel, and provoke Urine;
being used in the decoction, they open obstructions of the Li-
ver and Spleen, cleanse the blood, and are good for the yellow
Jaundies, and to help breakings out in the Body: they do
purge Choller from the Liver and Stomach. The decoction
of the flowers is good for those that have drunk poison, and
is likewise good in baths for the hardness and swellings of
the Mother, and Strangury: they are most used to preserve
Beer, whereby it is kept a long time: but stale Beer is a cru-
el Enemy to those who are afflicted with the Stone; there-
fore let those that are subject to that distemper, drink plain
honest harmless old English Ale.

Horehound. *Prasium*.

Descri- **I**T grows up with square hoary stalks half a
tion. yard high or more, set at the joynts with
two round crumpled young leaves, of a hoary green co-
lour, a reasonable good scent, but bitter taste: the flow-
ers are white, small, & gaping, set in prickly husks about
the joynts with the leaves from the middle of the stalks
upwards: the seed is small, round and blackish, the root
is blackish, woody, and fibrous, and abides many years.

Names. *Prasium* is the common Latine name, and
Horehound the English.

Place and Time. It grows commonly in waste dry
grounds

grounds in many places of this Land: flowers in July, and the seed is ripe in August.

Nature and Vertues.] It is hot in the second degree, and dry in the third, as saith Gallen, an herb of Mercury saith Mr. Culpepper; it is a very good pectoral plant: the decoction or Syrup help short windedness and infirmities of the Lungs, and brings away tough phlegm; it brings down womens Courses, and expels the Afterbirth; is also good against poison and venomous bitings; it is offensive to the Reins and Bladder, and to hot and dry bodies, but more safe if used with Raisins and Liquorice: the leaves with honey purge foul Ulcers, and made into an Oyntment with old Hogs grease, it helps bitings of Dogs, and swellings of Womens Breasts, and pricking of Thorns: the decoction is good for women to sit over that have the Whites, and likewise to heal Scabs, the places being bathed therewith.

Horse-tail. *Cauda Equina.*

Descri. **I**T springs up with heads somewhat like Sparapion. It grows, and becomes a hard rough hollow stalk, joynted at many places one within another, so that you may easily pull them asunder; at every joynt grows a bush of small rusty hard leaves, resembling an Horse Tail: at the tops of the stalks come forth small Catkins like those of Trees. The root creeps under ground having joynts at several places.

Names.] It is called in Latine *Cauda Equina*, and *Hippuris*, and by divers *Equisetum*; in English Horse Tail.

Place and Time.] They delight to grow in low wet grounds; many Meadows and Pastures are much troubled with them: they spring up in April, and perish about September.

Nature and Vertues.] It doth dry, and hath a binding faculty, a Saturnine Herb: the decoction or juyce thereof drunk

or applyed outwardly, stanches bleeding at Nose, and stays Fluxes and Lasks, pissing of blood, and heals inward Ulcers and Excoriations of the Entrails, and all other foul running Ulcers: It is also good for Ruptures in Children. The decoction in Wine provokes Urine, and helps the Stone. The iuyce or distilled water helps Puskes, Wheals, and Inflammations in the skin, and easeth swellings, heat, and Inflammations of the privy parts, and cures Tetters and Ringworms.

Hounds Tongue. Cynoglossum.

Descri- The leaves are long and somewhat narrow, **tion.** of a darkish green, somewhat like Bugloss leaves, but are very soft and smooth; the stalk riseth about two foot high, with smaller leaves, and brancheth at the tops into divers parts, upon which grow many small purplish red flowers; the seed is rough and flat, sticking fast to a Garment; the root is black, thick, and long: the leaves and whole Plant hath a very strong smell, much like Dogs piss, and is by some called after that name.

Names.] It is called in Latine Cynoglossum, and Lingua Canis; in English Hounds Tongue, and of some Dogs piss.

Place and Time.] It is a companion in High-ways, and dry ditches sides, and flowers in May and June.

Nature and Vertues.] It is of a stinking scent, and a great drawing cleansing quality, a Saturnine Plant, excellent to cleanse, dry, and cure old sores and putrified Ulcers, drawing all filth out of them, and cures the biting of Dogs, either mad or tame. I lay fourteen weeks once under a Chyrurgions hand for a cure of a Dogs biting; but at last I affected the cure myself only by applying to the wound Hounds Tongue leaves, changing them once in four and twenty hours: an oylment made thereof is also good against burning and scalding. The powder

powder of the root in Pills, or a decoction thereof, stays fallings of Rheum out of the head upon the Stomach or Lungs, or into the Eyes or Nose, and helps Coughs and shortness of breath. A Suppository made of the root (being baked in a wet paper under the Embers) and put up into the Fundament, helps pains of the Piles and Hemorrhoids. The distilled water is useful for all the purposes aforesaid.

Housleek, or Singreen. *Barba Jovis.*

Description It is well known, the Latines call it *Barba* and Names. *Jovis*, and some other Latine words Authors have bestowed upon it, as *Semper vivum majus*; in English Housleek, or Singreen. There is a lesser sort called in Latine *Sedum*, in English Prick-madam; but beware you mistake not, and take Stone-crop instead of it, which is of a far contrary quality, yet they are very like one another.

Place and Time. It is planted and flourisheth much upon the tyles of houses, and stone walls: it flowers about June and July, the leaves are green all the year.

Nature and Vertues. It is cold in the third degree, somewhat drying, and having Jupiters badge, it must needs be his herb: the juyce being clarified, is excellent good for hot Rheums in the Eyes, and is commended for soreness in the Gums, and the Scurvy in the mouth; as also for all Inflammations, as St. Anthonies fire, and the like: a Posset made with the juyce is good in hot Agues, and to quench thirst; it easeth Corns being applyed thereunto, and easeth the Head-ach caused through heat, being applyed to the Temples; and the bruised leaves laid upon the Crown of the Head, quickly stays bleeding at Nose: the distilled Water is good for all the purposes aforesaid; and the leaves rubbed upon any place stung with Bees or Nettles, gives present ease.

¶ See more of this in *Adam in Eden*: written by Will. Coles. St. Johns

Hedge Hyfop. Gratiola.

Descri-ption. It is a low plant about a span long, having square stalks, or slender branches much like Garden Hyfop, but larger leaves; the flowers grow upon short stems between the leaves, of a whitish blue colour; the whole herb hath a bitter taste, like small Centory; the root is small and threddy, spreading far abroad, multiplying greatly where it groweth.

Names. It is call'd in Latine *Gratia Dei*, & *Gratiola*; & in English hedge Hyfop: the seed is call'd *Gelbenech*, being the Arabian name. There is a second kinde of hedge hyfop call'd *Gratiola angustifolia*, which hath a small fibrous root, a reddish round crested stalk divided into many branches, set with leaves like those of Knot-grass; of a pale green colour, without any stalks, out of the bosom of these leaves come four leaved flowers, set in long cups, of a fair blue colour, after which come longish seed vessels, wherein are contained a small dusky seed: the plant is without smell or any manifest taste: the leaves are sometimes narrower and sometimes broader. The plant sometimes but a handful, and seldom above a foot high. Its called also in English Grass Poley. There is also a third kinde called *Gratiola latifolia*, or broad leaved hedge Hyfop, which hath many four square small tender branches, somewhat hollow or furrow'd, set with leaves by couples one against another, like the former, but short and broader, amongst which grow purple flowers spotted in the inside with white, and of a brighter purple then the rest of the flower; after which come little seed vessels, containing small yellowish seed of an extream bitter taste; the whole plant is bitter like the first; the root consists of a great many whitish strings which increase and spread much abroad.

Place and Time. The first groweth naturally in moist

M

and

and low places, the ſecond in graſſy meers of the Cham-
 ion Fields in *Oxfordſhire* and ſuch like places. The third
 kind likewiſe in moiſt places, as about the Bogs or mariſh
 ground at the further end of *Hamſted Heath*, and in ſuch
 like places. The firſt kind flowreth in *May*, the ſecond
 in *June* and *July*, the third in *Auguſt*.

Nature and Vertues.] *Hedge-Pyſop* is of a hot and dry
 nature, the firſt kind is only uſed in Phyſick: a ſcruple there-
 of being bruised and taken, mightily purgeth watry, groſs,
 and ſlimy humours in great abundance: the herb boiled in
 Wine, and the decoction drunk, helpeth Fevers, and is excel-
 lent in Dropsies, and all Diſeaſes ſpringing from cold and
 watry cauſes. If it be boiled in the decoction drunk or eaten
 with meat as a Sallet, it opens the belly, ſcouring and purg-
 ing groſs phlegm and chollerick humours. The extraction gi-
 ven with powder of Cinamon, and a little juyce of Calamint,
 prevaileth againſt Tertian and Quotidian Fevers, as ſaith
 Camerarius.

Herb Robert. *Geranium Robertianum*.

Deſcri-
 ption. **T**His plant hath ſlender, weak, and brittle red-
 diſh ſtalks ſomewhat hairy; the leaves are
 alſo yeddiſh, oftentimes jagged or deeply cut, much like
 Chervil, of a loathſom ſcent: the flowers are a bright
 purple, after which there comes ſmall heads with ſharp
 Bills, like Birds Beaks. The root is ſmall and threddy.
 Names.] Its called *Geranium Robertianum* in Latine,
 as being a kind of Cranes-bill; it is alſo called *Ruberta*,
Roberti herba, and *Robertiana*, and is taken to be the 3. Si-
 deritis of *Dioſcorid*.

Place and Time.] It grows upon old Walls of Brick,
 Stone, or Mud, and amongſt Rubbiſh, in bodies of dead
 Trees, and in moiſt and ſhadowy banks of Ditches: it
 flowers in *April*, and almoſt all the Summer. The herb
 continues green all Winter.

Na-

Nature and Vertues.] *Herb Robert* is somewhat cold of temperature, having mixt qualities, both scouring and somewhat binding; it is good to stanch blood, and to heal up bleeding Wounds, and is good for Wounds and Ulcers in Womens Breasts and Dugs, and also of the secret parts of Man or Woman, and may be also as effectual as *Granes-Bill* in Ruptures or inward Wounds. The dried herb and root taken in powder in some convenient liquor, or the decoction thereof in Wine being drunk for those purposes.

Herb True-love, Vide One berry.

St. Johns-wort. *Hypericum*.

Descri-
ption. [It shooteth forth brownish, upright, hard, round stalks, about two foot high, spreading into divers branches from the sides up to the top, having two small perforated leaves set one against another all along, of a deep green colour; at the tops of the stalks and branches grow yellow flowers of five leaves apiece, with yellow thrums in the middle, which being bruised, yield a reddish juyce like blood: after the flowers come small round heads, wherein is contained small black seed, smelling like *Rozin*. The root is hard and woody, with many fibres at it, of a brownish colour which abides many years, but the stalks perish every year

Names.] It is called in Latine *Hypericum*, of some *Euga-dæmonum*, supposing it to be good to drive away Spirits, and by *Paracelsus*, *Sol terrestris*.

Place and Time.] It grows plentifully by Fields, by Woods sides, and Coples, and in Hedge rows; flowers about Midsummer, and the seed is ripe in August.

Nature and Vertues.] It is hot and dry, and of thin parts, an excellent Solar Plant; it is profitable for all hurts and Wounds, and also for inward bruises, being made into an Oyl, Oyntment, or Salve; Bathe, or Fomentation, and used

outwardly, or boiled in Wine and drunk; it opens obstructions, consolidates and soders up the lips of Wounds, and strengthens weak and bruised parts: The decoction of the herb and seed in Wine, helps spitting and Vomiting of Blood, and heals inward bruises; it is likewise good for the Stone, and to provoke Womens courses. The seed taken in powder in a little broth, purges choller, and expells congealed blood in the Stomach. The dose is ʒii. The oyl is excellent both for old sores and green Wounds: the seed is commended for the Palsie, and Falling Sicknes, being drunk forty days together.

An excellent Balsome for Wounds and Venomous Bitings may be made of it after this manner.

Take oyl Olive one quart, St. Johns wort, Betony, Gentory, Self-heal, and Tobacco flowers, each two handfuls, let them stand in a glass, in the Sun all Summer, then strain the oyl from the herbs, and keep it for your use.

Jack by the Hedge, Vide Sauce alone.

Ivy. Hedera.

THIS is a companion lovingly imbracing many old Oaks, and other Trees, Walls, Houses, and Churches. The Latines call it *Hedera*: it flourisheth about July, and the Berries are ripe about Christmas, and may with Holly adorn a House without superstition.

Nature and Vertues.] A Pugil of Ivy flowers, or a dram drunk twice a day in red wine, stops the Bloody Flux, and Lask; but Ivy being much taken inwardly, its obnoxious to the Nerves & Sinews: but outwardly apply'd, it is helpful unto them. The juyce of the leaves and flowers mixed with a little oyl of bitter Almonds, and dropped into the ears, being warm, it helps lost hearing, and old running sores of the Ears. The powder of the berries dunrk in Wine, help to break the Stone, and provoke Urine and Womens Terms. A Pessary likewise of the Leaves and Flowers draweth down the Courses, & dead Child.

Child. A decoction of the fresh leaves in Vinegar, being applied hot to the sides, gives ease against Aches and Stitches, being applied with Rose-water, and Oyl of Roses to the Temples, it eases pains in the Head: The juyce of the berries or leaves purgeth the Head and Brain of thin Rheume, being snuffed into the Nostrils, and cures Ulcers and Stench in the Nose. To drink in an Ivy, cup is good for the Spleen, letting the drink stand a while in it. There is a great Antipathy between Wine and Ivy, as is said. The powder of Ivy berries hath formerly been used as a good Medicine for the Plague: for which purpose it hath been planted about Pest-houses, it being given in Wine, and the party sweating thereupon in the beginning of the Disease. The Ivy Gum easeth the pain of hollow Teeth, if it be put therein; it is of a strong scent, and good to smell to against infection, and for such to carry about them as use to go amongst noisome smells.

¶ See further in The Art of Simpling: written by W. Coles.

Ground-Ivy, Vide Ale-hoof.

Juniper. Juniperus.

Descri- **I**N our Countrey it seldom or never ariseth
ption. higher then a Furze Bush, though in other places it is a Tree: it spreads it self near the ground: the leaves are much like those of Furze, but not so large nor so prickly, and of a bluish green colour; they continue all the year: the flowers are very small, yet may be perceiv'd of a yellow colour by the dust that falleth from them; after which come small green berries, not being fully ripe till the second year, and then they are somewhat like Pepper.

Names. It is called in Latine *Juniperus*, and the berries *Baccæ Juniperi*, and *Grana Juniperi*.

Place and Time. It grows much upon the Hills and

woody grounds in *Barkshire*, *Oxfordshire*, and *Buckinghamshire*, and likewise in *Hampshire* in *Kent*. It flowers in May, and after two Summers and one Winter perfects it seed.

Nature and Vertues.] *Juniper* is hot and dry in the third degree, the berries are as hot, but not so dry; it is an herb of Sol, a good counter poison; the berries taken in wine are good against venomous bitings, the *Plague*, *Pestilence*, and other infections. The decoction of the berries in Wine is good against the *Wind Chollick*, or four or five drops of the *Chymical oyl* taken in a morning in broth or beer, or about a dozen of the berries eaten in the morning fasting. A lye made of the ashes of *Juniper*, cures the *Dropsie*, it provokes the *Terms*, *Urine*, and is good against the *Stone* and *Strangury*, helps stis of the *Mother*, and strengthens the *Stomach* very much. A Lye made of the Ashes of the Wood, cures *Itches*, *Scabs*, *Leprosie*, and eruptions in the skin; the burning of they Wood drives away *Flies*, and *Wasps*, and such noisome Creatures. The berries are also good for the *Cough*, shortness of *Breath*, *Ruptures*, *Convulsions*, *Cramps*, and *Consumptions*; the procure to *Women* speedy delivery, strengthens the brain, memory, and the sight, they comfort the heart and other senses; being drunk in wine, or the decoction taken in Wine, they are good for all sorts of *Agues*, and for the *Gout* and *Sciatica*, and strengthen all the Members of the Body: they are good likewise against the *Palsie* and *Falling Sickness*: it is effectual also to dry up the moisture of moist *Ulcers*, *Fistulas*, and weeping running *Sores*.

Jujubes. Zizipha.

THIS Tree groweth in *Arabia*, *Egypt*, and *Syria*; it is called in Shops *Jujube*, which is the *Arabian* name; the *Greeks* and *Latines* *Zizipha*, and *Serica*; in *English* *Jujubes*.

Na-

Nature and Vertues.] They are temperately hot and moist, a Tree of Jupiter; they gently purge Choller, cleanse the Blood, and open the body; they are profitable for all diseases of the Chest and Lungs, helps shortness of Breath, and hot distillations of Rheums: they cool the heat and sharpness of the blood, are good in hot Agues, expectorate tough Phlegm, and help a Cough; they cleanse the Reins and Bladder, and make the passages slippery, and likewise stay Vomittings which are caused by sharp humours.

Kidney Beans, Vide French Beans.

Kidney-Wort, or Venas Navel-wort.
Cotyledon.

Descri- **I**T hath many thick fat round leaves, every
ption. **I** one having a short foot stalk about the middle thereof, and a little unevenly waved sometimes about the edges, of a pale green colour, hollow on the upper side like a Spoon or Saucer, amongst which arise one or more tender stalks, smooth and hollow, almost half a foot high, with two or three small leaves, not so round as the lower, but somewhat long, and divided at the edges, the tops sometimes divide themselves into long branches, and bears a great many flowers, about a long spike, one above another, hollow like a Bell, and of a whitish colour; after which come small heads, containing in them small brownish seed: it hath a round root like an Olive, usually smooth, but sometimes rugged, or knobbed, grayish without, and white within, with many small fibres at it.

Names.] The Latines call it *Cotyledon*, *Umbelicus Veneris*, and *Acetabulum*, and also *scutellum*, and *Terræ Umbilicus*; in English Navel-wort, and Venus Navel, Wail-peany-wort, and Kidney-wort.

Place and Time.] It groweth upon Stone and Mud Walls, upon Rocks, at the bottoms and upon the bodies of old rotten Trees : it flowers about *May*, then perishes till *September*, and springs up a fresh, and abides all Winter.

Nature and Vertues.] *Kidney-wort* is cold and moist, and somewhat astringent, having a little bitterness ; it cooleth, repelleth, cleanseth, and discusseth : it is a plant of *Venus*, and is of good use to heal sore and exulcerated *Kidneys*. The juyce being drunk in *Wine*, or the distilled water, it is good for the *Dropsie*, it provokes *Urine*, helps to break the *Stone*, and cools *Inflamations* of those parts, and easeth pains of the *Bowels* and *Bloody Flux* : and the juyce or distilled water cools a hot and inflamed *Stomach* or *Liver*. The bruised *Herb* outwardly applyed helps *St. Anthonies fire*, *pimples*, and other *Inflamations* ; it easeth pains of the *Piles*, or *Hemorrhoides*, and is called *Herba Coxendicum*, or *Hip-wort*, because it is effectual to ease pains in the *Hips*, and the hot *Gout*, and *Sciatica* ; it is also good for swellings of the *Gods*, *Kings Evil*, *Kibes*, and *Ghilbanes*, being used in an *Oyntment* : it is likewise good to stanch the blood of green *Wounds*, and heals them quickly.

Knotgrafs. Polygonum.

Descri. **G**reat common Knotgrafs shooteth up many
ption. long and slender joynted branches, lying upon the ground, with many long narrow leaves thereon, one for the most part at a joynt, whereat come forth the flowers, especially from the middle of the branches upward, which are in some white, and in others purple, but so small, that they can hardly be perceived, which afterwards bring a square small seed, much like *Sorrel seed* : the root is reddish, long, and slender, with many fibres ;

fibres ; it endures divers Winters, but the leaves perish in Autumn, and arise fresh in the Spring.

Names.] It is called both in Greek and Latine *Polygonum*, and likewise *Seminalis*, *Sanguinalis*, and *Sanguinaria*, in some places *Corrigiola*, and *Centinodia*; in English Knot-grass.

Place and Time.] It grows by high-way sides, foot-paths in Fields, and sides of old Walls, and many other places.

Nature and Vertues.] It is cold and dry about the second degree, Saturnine ; the powder thereof taken in Wine, is good to provoke Urine, and cool the heat thereof, and to expel gravel in the Reins and Bladder ; being eaten in a Tansie with Eggs, it is good to help the running of the Reins, and weakness of the back ; the juyce or decoction is good to stay bleeding at the mouth, to cool the Blood and Stomach, to stop the bloody Flux, Womens Courses, and pissing of Blood : the juyce is good to be given before the fit of a Tertian or Quartain Ague, to moderate the violence thereof : it is good against venomous bitings, and defluxions of Rheums upon the Stomach, it cures also Inflammations, hot swellings, St. Anthónies fire, Cancers, burning Sores, and filthy Ulcers, especially of the privy parts ; it helps fresh Wounds, stayeth the Blood, and closeth up the lips of them : the juyce helps running matters of the Ears, and Inflammations of the eyes being dropped therein.

There is another kind much like this in nature called Knapwel.

¶ See more of this in *The Art of Simpling* : written by W. Coles.

Knapweed. *Jacea nigra*.

Descri-ption. I T hath long narrow leaves much like Devils Bit, but longer, set upon stalks two cubits

cubits high, bluntly snipt about the edges ; the flowers grow at the top of the stalks, being first scaly knops, like corn flowers or blue bottle, but greater ; out of the midst whereof groweth a purple thrummy or threddy flower : the root is thick and short.

Names.] There are many more kinds hereof, but its needless to name them, being all reckoned amongst the sorts of Scabious. This Knapweed is called *Jacea nigra*, to distinguish it from Harts-ease, or Pancies, which is called *Jacea alba* ; it is likewise called *Materfillon*, and *Matrefillen* ; in English Matfellow, Bull-weed, and Knapweed.

Place and Time.] Knap-weed grows commonly in Pastures, as also Scabious doth, and flowers in June and July.

Nature and Vertues.] Knapweed is much of the temperature of Scabious (whereof it is a kind, but no so proper in Physick as Scabious is) to whose faculties I refer you for this. ~~It is~~ said to be good against the swellings of the Uterus, as is Devils-Bit, but of less force and vertue ; wherefore you may use the most effectual, it growing as plentiful as this. I should not have mentioned this plant, (as accounting it not worth while) had not the writer or publisher of that piece which goes by the name of *Culpeppers English Physician Enlarged*, made a scribble to no purpose about it : Indeed in that Book both *Culpepper* and the Readers are abused, it being really none of his, all the useless and frivolous additions being done since his death. Those true Copies of his which have been printed since he dyed, are his *School of Physick*, and *Last Legacy*.

Ladies Mantle. Alchimilla.

Descri **I** T hath many leaves rising from the root, standing on long hairy foot stalks, almost round, some-

somewhat dented on the edges into eight or ten parts more or less, seeming like a Star, with so many corners and points more finely dented about, of a light green colour, and as if it were plated & folded at the first, then crumpled in divers places, and hairy as the stalk is, which riseth up amongst them a foot high, sometimes more, with a few smaller leaves thereon, & being weak, bendeth down towards the ground, divided at the top into two or three small branches, with whitish green heads and yellowish green flowers breaking out of them; which being past, there comes a yellowish seed in the husks: the root is long & black, with many fibres thereat.

Names.] In Latine it is called *Alchymilla*, *Stellaria*, *Pes leonis*, and *Pata leonis*, and of some *Sanicula major*; in English Ladies Mantle, great Sanicle, Lions foot, and Lions paw.

Place and Time.] It grows in Pastures and Woods in Kent, and divers other places of this Land; it flowers in May and June, and continues green all the Winter.

Nature and Vertues.] Ladies Mantle is hot and dry in the second degree at least, very astringent and drying, an herb of Mars: the decoction thereof drunk, and the green herb outwardly applyed, helps the flagging, and over-greatness of Maids and Womens Breasts, bringing them to their due bigness: it is effectual in Inflammations, stops Bleedings, Vomitings, and Fluxes, Bruises and Raptures, staves the Whites: the distilled water drunk many dayes together, helps Conception, and dries up the too much humidity of the Matrix, and reduceth the Body to a good estate. It is a singular Wound herb, and dries up the humidity of Sores and Ulcers, and abates Inflammations: it quickly heals fresh Wounds, consolidating up the lips thereof, and leaving no corruption therein.

¶ See further in *The Expert Doctors Dispensatory*: by P. Morellus Larch

Lacrb-Tree, and its Agarick Larix.

Description IT grows about *Italy*, and also in *Asia*; it
and Names. It is called *νάρκισ*, and *Larix* in *Latine*, and
 also *Agaricum*, and *Agaricus*; the *Agarick* is an excres-
 cense or kind of *Mushroom*, that groweth on this *Tree*,
 being within white, soft, and spongy, like a *Mushroom*.
 The *Agarick* is hot in the first degree, and dry in the
 second; it hath an attenuating cleansing quality, and pur-
 ges obstructions of the Entrails by Stool; it purgeth
 Phlegm, Choller, and Melancholly, and cleanseth the
 Breast, Lungs, Liver, and Reins, provokes Urine, and the
 Terms, kills Worms, helps pains of the Joynts, and
 causeth a good colour.

It is not good to be taken alone without Corrigents; there-
 fore the Syrup of *Roses*, solutive with *Agarick*, is good to be
 taken; it cures the yellow Jaundies, and is excellent good for
 Agues, coming of thick humours; for which take Pills of
 Hyera with *Agarick*; it may be given with Oximel for Agues
 of all sorts, and gripings of the belly; it is good against short-
 ness of Breath, the Ptisick, and Consumption; and half a
 dram thereof in Wine, is a good Antidote against poisons.

Lavender. Lavendula.

THIS needs no description, there is a greater and
 lesser kind of it; the *Latine* name of it is *Laven-
 dula*: some call it *Spike*, because it giveth a smell
 somewhat like *Spikenard*.

Place and Time.] It grows plentifully in our Gardens,
 and flowers about the beginning of *July*.

Nature and Vertues.] *Lavender* is hot and dry in the
 third degree, of thin subtle parts; it is an herb of *Mercury*;
 the distill'd water is comfortable for the brain, and is good for
 the Palsie and cold diseases of the Head, the Temples, Nape
 of

of the Neck, and place behind the Ears, being washed therewith; it is good against the Megrime and falling Sicknes, and two or three spoonfuls being drunk recovers lost speech.

A decoction of the flowers of Lavender, Horehound, Fennel, and Asparagus Roots, with a little Cynamon, is good against the Falling Sicknes and Giddiness of the Brain; it is good also for Convulsions, Apoplexies, Cramps, Lethargies, and grippings of the Body coming of cold; it helps the stoppings of the Milt, heats the belly, provokes the Terms, and being holden in the Mouth, it helps Ulcers and pains in the Teeth: the water helps blisters of the Mouth, being washed therewith; the smell thereof comforts the sight: it is not to be us'd where the body is full of blood and humours. The lesser Lavender is good against diseases of the Mother, for Women to be bathed with, and to help forward their Travel, and is good against venomous bitings. The chymical Oyl of Lavender, called Oyl of Spike, is good for the Falling Sicknes, Palsie, Gout, and Aches of the Joynts being taken inwardly, and the parts anointed; but a few drops of it amongst other things is sufficient to be taken inwardly or outwardly.

Lavender Cotten. Chamæcyparissus.

IT is an Herb well known in Gardens; it is called by some in Latine Chamæcyparissus, and some take it to be Abrotanum Famina of Dioscorides; it flowers about July, or August.

Nature and Vertues.] Both herb and seed are hot and dry in the third degree, the plant is also Mercurial; the seeds or the herb stamp'd or strain'd with milk, and given fasting, kills Worms in the Belly, both of elder persons as well as Children: half a dram of Lavender Cotten taken in Fetherfew water, every morning ten days together, is good to stay the Whites in Women, and the running of the Reins in men: the leaves drunk in Wine, is good against the Jaundies, and
open

opens the Liver and Kidneys; it is good again all venomous bitings, and the smell thereof drives away vermine. The decoction is good to help Scabs and Itch; it is good in Bathes and Oyniments, to help Burstnes, Cramps, Convulsions, shrinking of Sinews, to provoke Urine, and womens Courses.

Spurge Laurel. Laureola.

**Descri-
ption.** IT riseth up with one, and sometimes more stalks, about three foot high, with a whitish Bark, and branching into many stalks which are tough and pliant, the leaves are long and smooth, of a shining dark green colour, like bay-leaves, but lesser, softer and smother; at the joynts with the leaves toward the tops, come forth the flowers, set many together, long & hollow, of a whitish yellow green colour, after which comes round and somewhat long black berries when they are ripe, wherein lieth a black Kernel; the root runs deep into the ground, and spreadeth with rough white strings, somewhat woody: the whole plant is very hot in taste. It continues green all the year.

Names.] In Latine it is called *Laureola*; in English Spurge Laurel.

Place and Time.] There grows abundance of it in Cobham Park in Kent; some set it in Gardens: the berries be ripe about June.

Nature and Vertues.] It is of a very hot and biting temperature, a churlish Martial plant; fourteen or fifteen of the berries, or five or six of the leaves taken, purge slimy Phlegm and waterish humours, and is good for the Dropisie; but it purges very violently, and therefore must carefully be used: it provokes vomiting, procures womens Courses, and easeth pains of the Chollick. It may be thus prepared, steep the leaves four and twenty hours in good Vinegar, then dry them, and drink their powder in wine with Anniseed, and Mastick, or else

else in sweet Whey, or Capon Broth. Tho dose is ℥ii. or ʒi. A Glister may be made of the flower for the Dropisie in this manner, R. the flowers of Laurel ʒii. roots of Polipod and Agarick, ana. ʒi. ʒ. Dodder ʒii. boil them in Wine or Water to the consumption of a third part, then take of the decoction ℥i. of Benedicta laxativa, ʒʒ. honey of Roses ʒi. oyls of Rue. Camomile and Flower de Luce, and ʒi. sal. gem. ʒi. ʒ. mix them for a Glister.

Leeks and Cives. Porrum.

I Shall not need to describe either of them, the Latine name of a Leek is *Porrum*; they grow plentifully in our Gardens: the Cives abide the coldest Winter.

Nature and Vertues.] Leeks are hot and dry in the third degree; of subtile parts, one of Mars his plants, which insuseth much valour into the Wellmen; they are very unwholesome, being eaten raw, but the boiling abates their evil qualities; whereby used in pottage, they are good for phlegmatick Bodies, and help the Chollick and Stone: the distilled water drunk morning and evening, a good draught or two, opens a costive Belly, helps pain of the Hips, purges the Kidneys and Bladder, provokes Urine, and helps to break the Stone. The seeds good to kill worms in Children; they are also held good to expell rotten Phlegm from the Chest and Lungs. The juyce drunk with honey is good against the bitings of venomous Beasts, and the herb stamped and laid thereon being boiled and eaten often, they make women fruitful, and increase lust in men.

Lettice. Lactuca.

IT is a common Sallet, manured in our Gardens; there is also a wild kind called Lambs Lettice, or Corn Sallet.

Names.] *Lactuca* is the Latine name thereof; the place

I have told you already: it is sown usually in the Spring, and may be had all the year, if it be sown at several seasons.

Nature and Vertues.] Lettice is cold and moist almost in the third degree, a Lunar Herb; it tempereth dryness and heat in the body, and increases milk in Nurses who have hot dry bodies: it is good for a hot Stomach, and yields good nourishment in the body, it causeth sleep and rest, it loosens the belly, either raw or boiled; it helps digestion, quenches thirst, and easeth pains of the Stomach and Liver that come of Choller; it abates lust, and cools the Urine, which likewise doth the seeds and distilled water: the juyce of Lettice with Oyl of Roses applyed to the forehead and Temples, easeth the Head-ach and procures rest; and applyed with Camphire to the Cods, it abates the heat of Lust. The Lambs Lettice is a pleasant Sallet to be eaten with Oyl and Vinegar.

Liquorice. Liqueritia.

THe root is very well known, and it is needless to describe the branches; Liqueritia and Glycyrrhyza are the Latine Names thereof.

Place and Time.] It is planted in our Gardens, which yield the best Liquorice that is: it will flower in July, and yield a seed in September, if it be suffered to grow many years without removing.

Nature and Vertues.] It is temperate in heat and moisture, an excellent pectoral Plant, Mercury rules it; the root is a great opener of the Pipes, of the Lungs; it ripens a Cough, and brings forth Phlegm; it is good against the heat of the mouth and stomach, and quenches thirst; being boiled in water with some Maidenhair and Figs, it helps a dry Cough, wheezing and shortness of breath, hoarseness, digests and expectorates Phlegm, and is good for all griefs of the Chest and Lungs, Ptitick, and Consumptions; it helps pains of the
Reins

Reins, Strangury, and heat of Urine. The juyce of Liquorice dissolved in Rose-water with some Gum Trajacadanth, is a fine Lobotch fore Hoarseness; Wheefing, roughness in the Mouth and Throat; it expectorates tough Phlegm, and condensates thin Rheumes which fall on the Lungs.

Lemon-Tree. *Malus Limonia.*

Lemons seldom come to maturity in our cold Country; therefore I shall not describe the Tree, but proceed to the vertues of the fruit, which is well known to us.

Nature and Vertues.] The rinde of Lemmons is bot in the first degree, and dry in the second, and the juyce cold in the second degree, and dry in the first; the Sun hath dominion over it: the juyce of Lemons drunk two or three times a week, in white or Rhenish Wine, with some Sugar, strengthens the heart, stomach, & head, resists poison, expells melancholly, makes a sweet Breath, and cleanses the Reins and bladder, and helps to expel the Stone out of the Kidneys: it kills and drives forth worms out of the belly. An Angel of gold, of the weight thereof in leaf Gold steeped four and twenty hours in four ounces of the Juyce of Lemon, and some of that juyce given in a Cup of Wine, with some powder of Angelica root, is very good to be given to such as are infected with the Plague. The juyce is good in Fevers to quench thirst, and so is the posset made of it. A water distilled in a glass from the pulp of Lemons, provokes Urine being drunk, and helps to break the Stone; it likewise cleanses the skin, kills lice in the Head, helps running Scabs, and Wheals in the Skin. The seeds preserve the Heart and vital Spirits from poison, and resists infection of contagious diseases,

¶ See further in *Adam in Eden*: written by Will. Goles.

Lilly Convally. *Lilium Convallium.*

Descri- **I**T hath leaves somewhat like unto white Lillies, or rather those of the smallest water Plantain; it hath a slender small stalk, at the top of which grow little small white flowers, like little Bells, with turned edges of a pleasant smell; after which come small red berries, much like the berries of Asparagus, wherein the seed is contained: the root is small, creeping far abroad in the ground.

Names.] *Lilium Convallium* is the Latine name; in English Lilly of the Vally, Conval Lilly, May Lilly, Wood Lillies, and Lilly Confancy.

Place and Time.] It groweth upon *Hamsted Heath*, in *Cobham Park* in *Kent*, and many other places of this Land: it flowers in *May*, and the fruit is ripe in *September*.

Nature and Vertues.] It is temperately hot and dry, an herb of Mercury; it cures the Apoplexy, and the flowers distilled with Wine, and a spoonful thereof given at a time, restoreth lost speech to them that have the dumb Palsie; it strengthens the Brain, helps a weak Memory, comforts the vital Spirits, and is good against the Gout: the distilled water helps Inflammations of the Eyes. The flowers steeped in new Wine and drunk, helps trembling of the Heart, and other Members, and stops the spreading of the Leprosie. The flowers steeped in new Wine a moneth, and then the Wine distilled five times over in a Limbeck, is a precious water for the Apoplexy; being taken with a little Lavender water, and six grains of Pepper, it eases the Chollick, comforts the brain, and is good against the Falling Sicknes; it likewise helps the Strangury, pricking about the Heart, and Inflammations of the Liver, and staves the overmuch flowing of the Terms.

¶ See further in *Adam in Eden*: by *W. Coles*.

Water

Water-Lilly. *Nymphaea*.

Descri- tion. IT hath large round leaves, thick and fat, of a dark green colour, which stand upon long round spongy foot stalks, and always float upon the water; there rise also from the root other round stalks, each of them bearing a white flower, containing divers rows of narrow white leaves, with many yellow thrums in the middle, standing about a little head which after the leaves are fallen off, becomes like a Poppey head, containing in it broad, blackish, oyley, and glittering seed, of a bitter taste: the root is round, long, and tuberous, with many knobs thereat, loose and spongy in substance, black without, and white within, fastened with many strings to the ground, under the bottom of the water. There is also another kind which bears yellow flowers.

Names.] Both Latines and Greeks call it *Nymphaea*; it is called also in Shops *Nemuphar*; it is called in English Water Rose, and Water Lilly.

Place and Time.] They grow always in standing Waters, and slow running Rivers, and very plentifully in *Holshot River in Hampshire*, my native soil, all along the River by *Danmore Mead*: They flower in *May*, and *June*, and the seed is ripe in *August*.

Nature and Vertues.] The leaves and flowers are cold and moist, the seed and roots cold and dry; an herb of *Venus*. The decoction of the seed cools and binds; restrains lust, and nocturnal pollutions; but the frequent use thereof extinguishes motions to *Venerie*: it is available for the running of the Reins, and the Whites, and to cool the heat of Urine: the leaves cool Inflammations, and the decoction thereof helps the inward heats of Agues, being drunk, they also expell the After-birth, the syrup of the Flowers allayes the heat of Choler, and distempers of the Head, provokes sleep, and helps

hot distempers of the Heart, Liver, Reins, and Matrix : the conserve and distilled water worketh the same effects. The dilled water takes away spots, Sun-burnings, and Freckles of the Skin. The oyl that is made of the flowers, helps the Head-ach, causeth sleep, prevents Venereous dreams, and takes down the standing of the Yard, the head and privities being anointed therewith ; it also cures hot tumours, and the Inflammations of Ulcers.

Liver-wort. Lichen.

**Descri-
ption.** **L**iverwort groweth close upon the ground, and upon stony places, spreading much upon it, with sad green leaves, cleaving flat upon one another, unevenly cut in the edges, and crumpled ; amongst which arise small slender stalks, an inch or two high at most, bearing small star-like flowers at the top : the roots are very fine and small.

Names.] It is called in Latine *Lichen*, *Jecoraria*, and of some *Hepatica* ; in English Liverwort.

Place and Time.] Liverwort grows in moist and shady places, by the heads of Springs and Ponds, and sometimes on the stones in the insides of Wells ; it is green all the year, and flowers in June and July.

Nature and Vertues.] It is a plant of Jupiter, and under the sign Cancer, by temperature cold and dry, and somewhat binding ; it is very good to help all distempers of the Liver, and is effectually used in diet drinks for that purpose ; it cools and cleanses it, and helps Inflammations of that part, and the yellow Jaundies : being bruised and boiled alone in beer, and drunk, it cools the heat of the Liver and Kidneys, and helps the running of the Reins in men, and the whites in Women : it is good against Hectick Fevers, and all other Fevers and Agues, coming of Choller, and all other heats of the Liver, and takes away the cause of Scabs, Blains, and Bli-

Blisters ; being stamped with Hogs Grease, and applyed, it beals Sores, Tetters, Ringworms, and fretting Ulcers.

¶ See further in *Adam in Eden* : written by Will. Coles.

Loose-strife, or Willow-herb. Lysimachia.

Descri-ption. There are many kindes of it, I shall describe onely the purple spike headed Loose-strife, which groweth with many woody square stalks full of joynts, about three foot high, having two leaves at every joynt, like Willow leaves, but shorter, and of a deeper green colour, some of them being sometimes brownish ; the stalks branch forth into many long stems of spiky flowers, half a foot long, growing in rundles one above another, out of small husks, somewhat like the heads of Lavender, but far bigger, every flower consisting of five round pointed leaves, of a purplish violet colour, somewhat inclining to redness ; in the husks lies the seed after the flowers are fallen : the roots creeps under ground almost like Couch-grass, but is greater.

Names. The Latines call it *Lysimachia* ; in English Loose-strife, and Willow-herb.

Place and Time. It groweth by Rivers, and Ditches sides, and in wet ground almost in every Countrey of this Land : the yellow Willow herb is more rare. They flower about June and July.

Nature and Vertues. They are all hot, dry and binding, yet Culpepper saith they are cold, and ascribes them to the Moon : the distilled water of both the purple and the yellow, is excellent good for green Wounds, being thus applyed: to every ounce of water, add two drams of May Butter unsalted, as much Sugar and wax, boil them gently to an Oyntment, then dip tents in the Liquor that remains after it is cold, and put

them into the Wound, covering it over with a linnen cloth, doubled and anointed with the Oynment : it also cleanseth foul Ulcers. The distilled water very much preserves the sight, helps hurts and blowes in the Eyes, and cleareth them of dust; it is good to gargle the Mouth and Throat therewith against the Quinzy and Kings Evil; it is also good to take away Warts and Scars of the Skin, it quenbeth thirst, is good to stay Fluxes of the Belly, the overflowing of Womens Courses, and to bathe Sores and Ulcers of the privy parts.

Lovage. Levisticum.

**Descri-
ption.** **L**ovage hath many long great stalks of large winged leaves, divided like Smalage, but larger, of a dark green colour, smooth and shining, every leaf cut about the edges, and broader forward than toward the stalk; the stalks are green and hollow, towards the tops of them come forth other smaller branches, bearing at their tops large Umbels of yellow flowers, which turn into flat brownish seed, like Angelica seed; the root is large, brownish without, and white within: the whole Plant is of a strong smell, and in taste hot, sharp, and biting.

Names.] It is called *Levisticum* in Latine.

Place and Time.] It is an Inhabitant of the Garden, flowers in July, and seeds in August.

Nature and Vertues.] Lovage is a Solar herb, hot and dry, in the third degree, and of thin parts; the dried root in powder drunk in Wine, is good for a cold Stomach, consuming superfluous moisture in the Stomach and Belly, and expelling winde, and helps digestion; it likewise resists poison, and infection. The decoction of the root in Wine or Barley water, cleanseth the Lungs, provokes Urine and Womens Courses, & heals inward wounds, The decoction of the herb is good for any sort of ague, and to help cold pains of the Bowels. The seeds
drunk

drunk in powder in white Wine fasting, or boild therein, purges upwards and downwards, and open the stoppings of the Spleen; take with the seeds the like quantity of Anniseeds and Fennil seeds to qualifie them. The distilled water is good for the Quinzy, and helps the plurisie, being drunk three or four times; it takes way the redness of the Eyes, and helps the dimness of them, being dropped therein, and takes away spots & Freckles of the face. The leaves bruised and fryed with hogs lard, and applyed to a Botch or Boil, will quickly break it.

Lungwort. Pulmonaria.

Descri- tion. IT is a kind of Moss that grows on many Trees, especially old Oaks, and Beeches, in dark shady old Woods; and upon the old Oaks in Forrests grows abundance of it: it hath broad grayish rough leaves, diversly folded, crumpled and gashed on the edges, and sometimes spotted on the upper side: it bears no stalk nor flower.

Names.] Pulmonaria Physicians call it in Latine, and of some Lichen Arborum, or wood Liverwort, and tree Lungwort.

Nature and Vertues.] It is of a cold and dry quality, but I suppose that Jupiter rules it; it is very effectual for all diseases of the Lungs, for all obstructions, Ulcers, and inward inflammations of the same, and also for Coughs, Wheezing, spitting and pissing of Blood; it is good for Ulcers in the privy parts, to stay Fluxes, Looseness, and Vomiting, the bloody Flux, and other Scowrings, especially if they proceed of Choller.

Lupines. Lupinus.

Descri- tion. They grow onely in Gardens here where they are planted; therefore I shall not further describe them. Lupinus is the Latine name, and

Lupines in English, and of some they are called Fig beans, being flat, like a Fig that is pressed : they flower in June and July, and the beans are ripe quickly after.

Nature and Vertues.] Lupines are very bitter in taste ; by reason of their bitterness they open, dissolve, digest, & cleanse. I suppose they are under the dominion of Mars : the decoction thereof is good for the Spleen, being taken with Rue and Pepper it will be the pleasanter ; but if they be steeped two or three dayes in water, they lose their bitterness : The said decoction is good to kill worms, and so is the meal taken with Honey, or water and Vinegar, or mixed with an Oxe gall, and applyed to the Navel : they also cleanse the Stomach, help digestion, and provoke appetite, being first steeped in water, and then dried and powdered, and taken with Vinegar. The decoction also provokes Urine, and womens Courses, and being taken with Myrrhe, it expells a dead Child ; it is also good to cleanse Scabs, Ulcers, Moxen, and Itchers, and cleanseth the Face and Skin from spots and other marks. The meal boiled in Vinegar, dissolveth hard Swellings, breaks Carbuncles, and Abscesses.

¶ See more of this in The Expert Doctors Dispensatory by Morrell.

Ladies Smock, Cuckow Flowers, or wilde Mustard, Cresses, Cardamine.

These kindes of these flowers which grow naturally with us in England, are a kind of Watercresses ; for which cause they are called *Nasturtium aquaticum minus*, and also *Elas cuculi*, because they flower in April about the time the Cuckow uses to sing without heediness ; but for their Vertues if they have any, they are of the nature of Watercresses, to which I refer

White Lillies, *Lilium*.

THe English white Lilly groweth in most Gardens of England, & will increase much by the root where it is planted : it is so vulgarly known, as needs no further description. They flower from May till the end of June.

Names.] The white Lilly is called in Greek *λεινον*, in Latine *Lilium*, and *Rosa Junonis*, or Juno's Rose, it being reported that it sprung up of her milk which she spilt on the ground, after Hercules had sucked her in her sleep.

Nature and Vertues.] The white Lilly is hot, partaking of a subtil substance, the root dry in the first degree, and hot in the second : the leaves boiled in red Wine, and applyed to old Wounds or Ulcers, doth them much good in expediting the cure, as saith Gallen. The distilled water being drunk, causeth easie deliverance, and expelleth the After-birth, saith Alexandrinus. The flowers steeped in oyl Olive, and set in the Sun in Summer in a glass, and repeated two or three times, is good to harden the softness of the Sinews, and help the hardness of the Matrix. The root stamp't and strain'd with Wine and drunk two or three days together, expelleth the Pestilence, causing it to break out : and the juyce thereof tempered with barley meal, and bakt in Cakes and eaten ordinarily for a month or six weeks together, forbearing all other bread in the mean time, helps to the cure of the Dropsie : the same root roasted in the Embers, and stamp't with some leaven of Rye bread and Hogs grease, breaketh Plague Sores, and Pestilential botches, and ripens Venereal Imposthumes, and Buboës in the Flank, or elsewhere. The same root stamped with honey, and applyed, gleweth together Sinews that be cut ; it consumeth and cleanseth away the Ulcers of the Head, called Achores, and all scurviness of the beard and Face ; and being stamped with Vinegar, Henbane Leaves, or Barley Meal, it cures humours and Imposthumes in the privy parts.

Laser.

Laserwort, and its Asa Fætida.

Laserpitium.

THis is an Outlandish Plant, growing in Syria, America, and Libia. There issueth a Gum or liquor out of the same, called Laser; but that which is gathered from those Plants in Media and Syria, is that stinking Gum, call'd in our Shops, Asa Fætida, which is good to be apply'd unto the Navels of such Women as are troubled with the rising of the Mother, and for them to smell unto for that purpose; the reason whereof you may read in my Womens Counsellour. The root of Laserpitium is hot and dry in the third degree, and so is Laser. The root well pounded with oyl, scattereth clotted Blood, cureth the Kings Evil, and takes away black and blue marks, that come by stripes or bruises, the places being anointed or plaistered therewith. The same root chewed in the Mouth, asswageth the Tooth-Ach. A plaister made thereof with the oyl of Ireos and Wax, is good to help the Sciatica. The Laser or Gum of Laserpitium dissolv'd in water, and drunken, taketh away a sudden Hoarseness; being supt up with a rear Egg, it cures the Cough, and taken in broth is good against an old Plurisie; being taken with dryed Figs, it cureth the Jaundies, and Dropsie. A scruple thereof taken with a little Pepper and Myrrhe, is good against the shrinking of Sinews, and taken with syrup of Vinegar, is good against the falling Sicknes. The same drunk in Wine with Pepper and Frankincense, is good against the shakings of Agues; being apply'd with Copperas and Verdigrease, it takes away superfluous out-growings of the Flesh, Polypus in the Nose, and manginess; and applyed with Vinegar, pepper, and wine, it cures the Scurf of the Head, and hinders the falling off of the Hair.

Lignum Aloes, Vide Xylo-Aloe.

White

White Maiden-hair, or Wall Rue,
Ruta Muraria.

Descri-ption. IT brings forth many small round slender leaves, cut in two or three parts, very hard in handling, on the outside smooth and green, and of an ill-favoured dead colour underneath, set with little fine spots: the root is black, and full of strings.

Names.] Its called in Latine *Ruta muraria*, and *Salvia vita*; in English Wall Rue, Stone Rue, or white Maiden-hair.

Place and Time.] It grows upon old Walls near unto Waters and Wells, is green as well Winter as Summer, and beareth neither flower nor seed.

Nature and Vertues.] Wall Rue is much like the other Maiden-hair, both in temperature and vertue; it is commended against Ruptures in young Children, and affirmed to be good if the powder be taken continually for forty days together; it is likewise good for the Cough, shortness of breath, pains and stitches in the sides: the decoction of it being drunk, digesteth raw humours, which stick in the Lungs, takes away the pain of the Kidneys and Bladder, gently provokes Urine, and expelleth the Stone.

¶ See further of this in *Culpeppers School of Physick*,
Sweet Mandlin, Vide *Alecoast*.

Dogs Mercury. Cynocrambe.

Descri-ption. IT is like the Garden Mercury, but that the leaves hereof are greater; the stalk not so tender, but very brittle, growing about half a yard high, having no branches at all: the flowers are small and yellow.

Names.] Dogs Mercury is call'd in Greek *Κυνόδρακον*;
in

in Latine *Cynocrambe Canina*, *Mercurialis Sylvestris* ; in English Dogs Cole, and Dogs Mercury.

Place and Time.] It grows about *Green Hithe* and *Gravesend* in *Kent*, and about *Hamsted* near *London*, and in many Woods; Copfes, and borders of Fields; abou-
rishes all Summer.

Nature and Vertues.] *Dogs Mercury* comes near the other *Mercury* in *Nature* and *Quality*, though seldom used: it is also reported to cure the bitings of mad Dogs, from whence it is thought to obtain the name of *Dogs Mercury*.

Nail-wort, Vide *Whitlow-grass*.

Madder. Rubia Tinctorum.

*Descri-
ption.* **T**HERE be six kinds, whereof I shall describe the Garden Madder, which shoots forth many stalks standing upright at first, and so continue if they be kept cut; but if they grow without cutting, they become weak, and trailing upon the ground, unless they grow by some hedge, and then they climb thereon, being four square, rough, and full of Joynts, at every of which come forth long and somewhat narrow leaves standing about the stalks, like the rowl of a Spur; at the tops whereof come forth many small, pale, yellow flowers, after which come small round heads, green at the first, and reddish afterward, but black when they are ripe, wherein is contained the seed; the root is long, growing deep, and creeping far above the ground, fat, full of substance, and of a very clear red colour.

Names.] In Latine it is called *Rubia Tinctorum* : in English Madder.

Place and Time.] It is manur'd in Gardens, and flowers in *June* and *July*, and the seed is ripe in *August*.

Nature and Vertues.] *Madder* roots are hot in the second degree, and dry in the third, an Herb of Mars; it hath an open;

opening quality, and also a binding. The decoction in Wine provokes Urine, Womens Courses, and also brings away the Birth and After-birth; it cures the Jaundies, purges melancholly, and opens the Spleen and Gall: it is good for inward bruises, and to dissolve congeal'd blood; wherefore it is much used in Wound drinks, and is good for the Dropsie, Palsie, Sciatica, and Hip-Gout: the seeds taken with Vinegar and Honey, helps hardness, and swelling of the Spleen. The decoction with Allom and Honey, helps Ulcers of the Mouth. The juyce or decoction helps venomous bitings, and preserves the body from putrefaction. The fresh roots bruised and applied, helps discolourings of the skin, as the Morphem, and Freckles. The juyce of the root eases pains of the Ears, being dropped therein, it is said also to stay the Reds in Women, and the bloody Flux: Give it not to Women with Child, nor often to hot and dry bodies, and then the dose is about ℥ii. in powder, and half an ounce in decoction.

Maidenhair. *Capillus Veneris*.

THERE is several kinds hereof reckoned up amongst Herbarists; here we shall only mention three, English Maidenhair, Wall Rue, or white Maidenhair, and golden Maidenhair.

Description.] Common Maidenhair doth from many hard black fibbres shoot forth many blackish shining brittle stalks, scarce a span long at the most, set on each side with small round dark green leaves, spotted on the back of them.

Names.] *Capillus Veneris* is the useful Latine name; the Wall Rue is called *Ruta muraria*, and the Golden Maidenhair *Adiantum Aureum*.

Place and Time.] Maidenhair groweth much upon old Stone Walls, by Springs, and in rocky shadowy places; it is green all the Winter, but never yields any flower.

Nature

Nature and Vertues.] It is in a mean between heat and coldness; it doth dry, make thin, and waste away, as Galleni saith: All the kinds are under Mercury, and alike in Temperature and faculty. A Lye made of Maidenhair is good to cleanse the head from scurf, and to keep the hair from falling; it is good against all diseases of the Breast and Lungs, Liver, and Reins, the decoction of the herb being drunk; it helps the Cough and shortness of breath, yellow Jaundies, diseases of the Spleen, provokes Urine, and the Courses; and yet being dry; it stays Bleeding and Fluxes of the Stomach and Belly; but being green; it looseneth, and drives Choller and Phlegm from the Stomach and Liver; and cleanseth the Lungs, and the Blood: they are said to be good against venomous bitings, the Kings Evil, and other hard swellings: and the powder drunk constantly forty days together, is good for Ruptures in Children.

¶ See more of this in *Adam in Eden*: written by Will. Coles.

Mallows, Malva.

Mallows and Hollyhocks too which are a kind of them are so commonly known, they need no description.

Names.] Mallows are called in Latine *Malva*, which name most think it obtained, because it softens the Belly, and hard tumours.

Place and Time.] They grow plentifully in every Country: they flower about June and July.

Nature and Vertues.] To Venus they are all ascribed: The common mallows are moderately hot and moist: they are to be preferred before the Hollyhock. Mallows are generally held to make the Belly soluble, they increase milk in Nurses, being used in pottage, or boiled and buttered as other Sallets: being applyed pulvis ways they assuage hardness of the breasts;
and

and other Tumours, Inflammations, Imposthumes, and Swellings of the Goads, and hardness of the Liver and Spleen, a Pultis being made with some Bean or Barley Flower, and oyl of Roses added to them. The decoction of the leaves and roots with Parsley, and Fennel Roots, in Wine, Water, or Broth, do open the Body, and are good in hot Agues, and Chollerick Distempers. The decoction of the same, and of the seeds in milk or Wine, help excoriations of the Bowels, Pti-sick, Plurisie, and other diseases of the Chests and Lungs coming of hot causes: it likewise procures speedy delivery to women: the leaves bruised with a little honey and applyed to the Eyes, helps Imposthumations of them. The head washed with the decoction, takes away Scurf, Dandriff, helps dry Scabs, and the falling off the hair; it is also good against Scaldings, Burnings, hot and painful swellings in any part of the Body. The decoction of the flowers in Water, having a little honey added to it, is good to gargle a sore mouth. Pliny saith, that whosoever shall take a spoonful of the juyce of any of the Mallows in a morning shall that day be free from all diseases, and it is especial good for the Falling Sicknes. The Syrup and Conserve of the flowers is effectual for the same diseases.

Marsh-Mallows. *Althæa.*

*Descri-
ption.* **M**Arsh-Mallows riseth three or four foot high, with divers soft hairy white stalks, spreading forth many branches; the leaves are soft, hoary, or woolly, lesser then Mallow leaves, but longer pointed, cut for the most part into some few divisions not very deep: the flowers are much like the common Mallows, but not so big, nor so red, but commonly white, or tending to a blush colour; after which come cases, and seed like the other. The roots are many and long, shooting from one head of the bigness of ones finger,

ger, very plyant, rough, and bending like Liquorice; whitish on the outside, but whiter within.

Names.] The Latines from the Greeks have gotten it the name of *Althæa*; it is also called *Bismalva*, being twice as good in effects as any other; in English Marsh-Mallow, from the places where it grows.

Place and Time.] It groweth in Marshes, and Moors; as in the salt Marshes from *Woolwich* to the Sea, both on the *Essex* and *Kentish* Shores: they flourish in *July* and *August*, continuing flowering till the Frost kills the stalks, springing fresh every Spring; at which time the roots are fited to be gathered for physical uses.

Nature and Vertues.] *Marsh Mallows* are moderately hot, but dry in the first and second degree, of a softning quality, the roots and seeds are more dry, of thinner parts; it is likewise an herb of *Venus*: They abound with a slimy viscous juice, whereby they are excellent good against excoriations of the *Gout*, *Reins*, *Bladder*, and *Yard*; it openeth the strait passages, and makes them slippery, easing thereby the pains of the *Stone*: it also helps diseases of the *Breast* and *Lungs*, as *Coughs*, *Hoarseness*, and *Plurisie*; it is good for those that are troubled with *Ruptures*, *Convulsion*, or *Cramp*;: the decoction or syrup being drunk; is good for all the said diseases: The dried roots boiled in milk and drunk, are good for the *chink cough*. The decoction of the roots in *Wine* are good for inward *Bruises*, *Pains* and *Aches* in the *Muscles*. The leaves and roots are of excellent use in decoctions for *Glisters* to ease gripings in the *Belly*, and pains in the *Reins* and *Bladder*; being boiled in wine and applyed, they help swellings in *Womens Breasts*, in the *Throat*, and other *Inflamations*. The musilage of the roots, and of *Linsed* and *Fennigreek* together, is good in *Pultisses* and *Oyntments* to mollifie hard *Tumours*, and digest *Inflamations*. The root boiled in *Vinegar* and holden in the *Mouth*, easeth the *Tooth-ach*. The leaves
applied

applied with oyl, helps Burnings, Scaldings and bitings of Men of or Dogs; all sorts of Currs, and against the stinging of Bees and Wasps: the oyntment of Marsh Mallows doth mollifie heat, and moisten, and is good against the Plurisie, and other pains of the Sides and Breast.

Maple Tree.

IT is a Tree well known to Turners, who use the Timber of it: it is said to be under the dominion of Jupiter, and a strengthner of the Liver: The decoction of the leaves or Bark being used, strengthens the Liver, and opens obstructions of the Liver and Spleen; but I believe it is not much experienced, if at all.

Wild and Sweet Marjoram. Marjorana.

Descri- Sweet Marjoram is very well known, and the
ption. S Field Marjoram is very like it; but we shall describe the wild: It hath a root which creepeth much under ground, and continueth a long time, sending up sundry brownish hard square stalks, with small dark green leaves, like sweet Marjoram, but harder and broader: at the tops of the stalks stand tufts of flowers of a deep purplish red colour: the seed is small and somewhat blacker then that of sweet Marjoram.

Names.] In Latine it is called *Amaracus*, and *Marjorana*; in English Sweet Marjoram, and Marjoram gentle; and the wilde kinde Organy, *Origanum*, and bastard Marjoram.

Place and Time.] The sweet grows onely in Gardens, the wilde kinde in borders of Corns Fields and Pastures in sundry places of this Land: It flowers about July and August.

Nature and Vertues.] They are all Herbs of Mercury; the common Sweet Marjoram is hot and dry in the second de-

gree; it is comfortable in cold Diseases of the Head, Stomach, Sinews, and other parts, taken inwardly; and outwardly applyed, it digesteth, openeth, and strengthneth, comforts the Brain, helps the Memory, and is good against the Apoplexy: the Head being washt with a lye made of it, eases grievous pains thereof; it helps coldness of the Stomach and digestion, being given in powder in wine. The oyl of it is good to supple, warm, and stretch forth stiff Joynts, and hard Sinews; it helps cold griefs and windiness of the Womb, and the dead Palsie, the back Bone being anointed with it; it helps Spasmus Cynicus, which is a wrying of the mouth aside, being snuffed up into the Nose; it is a gallant Oyl to strengthen the Muscles, and other parts of the Body; it helps noise of the Ears, being dropped into them. The decoction of this Herb is good in the beginning of a Dropsie, it heats the inward Members, softens the Milt, and asswageth the swelling of it; it helps those that cannot make water, and easeth pains of the Belly. The powder of the leaves snuffed up into the Nose, stays Rheum, cleanses and warms the Head. The flower and herb being put into a fine Bag and applyed to the Stomach, easeth pains thereof.

Marigolds. Calendula.

THis well known herb needs no description.

Names. It is called in Latine *Calendula*, and of some *Caltha*; in English Marigolds, and Ruds.

Place and Time. I think there are few Gardens without them; they flower all Summer, and in Winter too, if it be milde.

Nature and Vertues. Marigold flowers are hot almost in the second degree, especially being dried; it is a Solar Herb, and under the sign *Leo*, a great comforter of the Heart; and though it be so plentiful, (and therefore less regarded) it is not much inferiour to Saffron; The Marigold Flowers resist poison, and are good in contagious Fevers, and the Jaundies.

dies, and are very expulsive; and therefore effectual in the Small Pox and Measles: they provoke Sweat, and Womens Courses, and expell the After-birth. The Conserve of the Flowers is very good against corrupted Air, and in time of Pestilence to prevent Infection; it helps the trembling of the Heart being taken morning and evening. The flowers used in Possets or Broth, either green or dry, do comfort the Heart and Spirits, and expell Pestilential qualities that might annoy them. The Juyce taketh away Warts, being washed therewith, and helps the Tooth-ache; and being mixed with vinegar, and a hot swelling bathed therewith, asswages it, and gives ease; and being dropped into the ears, it kills worms therein. The distilled water is good for sore Eyes, and a Plaster made of the dry flowers in Powder, Hogs Grease, Turpentine, and Rosin, and applyed to the Breasts, comforts and strengthens the Heart in Feavers very much.

¶ See further in The Expert Doctors Dispensatory: by P. Morellus.

Masterwort. Imperatoria.

Descri- **I** T hath divers great broad leaves divided into many parts, standing three together for the most part upon a foot stalk, being somewhat broad, and cut in on the edges into three or more divisions, all of them dented about the brims, of a dark green colour much like Angelica; amongst which rise up two or three short stalks about two foot high, and slender, with such leaves at the Joynts as grow below, but lesser, bearing Umbels of white Flowers, and after them small thin flat blackish seed, bigger then Dill seeds. The root is somewhat great, and groweth rather side-ways then down right into the ground, and is the hottest and sharpest part of the plant, and the seed next unto it being somewhat on the out-side, and smelling well.

Names.] It is called *Imperatoria*, Masterwort, and false Pellitory of Spain.

Place and Time.] It is usually kept in Gardens with us; flowers and seeds about the end of *August*.

Nature and Vertues.] The root of Masterwort is hot in the third degree, and of subtle parts, an herb of Mars: The dried root chewed in the mouth, draweth Rheume from the head; easing pains of the Head and Teeth, and draweth away defluxions of Rheume upon the Lungs, or Eyes; it dissolves winde, and is good in cold griefs of the Stomach and Body; it provokes Urine, helps to break the Stone, and expells Gravel; it is good against the suffocatin of the Mother, drives down the Courses, and expells a dead Child; it is good against the Dropsie, Cramp, and falling Sicknes; it provokes Sweat, and is good against all cold Poisons. The juyce dropped, or Tents wet therein and applyed to green Wounds, or old fretting Ulcers, doth soon cleanse and heal them; it is likewise good for the cold Gout.

Mastick Tree. *Lentiscus*.

THIS Outlandish Tree I shall not describe, but only sum up the Vertues of its Gum, called Mastick. The Tree is called in Latine *Lentiscus*, the Gum *Resina Lentiscina*, Mastiche, and Mastix.

Mastick is very good for the Tooth-ach, being steeped in Rose water, and the Mouth washed therewith; it fastens loose Teeth, and strengthens the Gums: being held or chewed in the Mouth, it draws away phlegm, and causes a sweet Breath; it cleanses and dryes up Ulcers and Sores, being used in plaisters and oyntments; it strengthens & comforts the Stomach, mollifies Tumors, and eases pains of the Joynts and Sinews: for all which purposes the chymical oyl is most effectual; being taken inwardly, it stayes Vomiting, and brings good digestion; it stops the Flux of the Belly, and taken with Syrrup of Colts-foot,

foot, it helps Coughs ; it is a good corrigent in strong purging Medicines, abating their acrimony or sharpness.

Sweet Maudlin, Vide Ale coast, or Costmary.

Mechoacan and Jalap. Mechoacana.

THis plant groweth in the West Indies, there are two kindes, white and black ; they are both hot in the first degree, and dry in the second, of an airy substance, and also an earthly quality.

Mechoacan is effectual for the Drop sic, purging water and phlegm, and strengthens the Liver ; it purgeth the Brain and Nerves, and is good for a long continued Head ache ; it helpeth pains in the Joynts, and also in the Bladder and Reins, by provoking Urine ; it expells Winde, easeth the Chollick, and pains of the Mother : it is said to have all the Vertues that are either in Agarick or Rhubarb, & therefore is commended in the French Pox, Kings Evil, Scurvy, and Gout, and in inveterate Agues, and also in the Falling Sicknes, Catharre, old Cough, shortnes of Breath, Jaundies, and stoppings of the Liver and Spleen ; it may be given to Children a scruple, or a scruple & a half of the powder in white Wine ; to strong bodies a dram or two. Jalap purgeth Phlegm, Choller, & melancholly, and watry humours. The dose thereof may be a dram in white Wine, with a little Anniseeds and Ginger to correct it ; otherwise it troubles the Stomach, making it subject to Vomit.

Meadsweet, Vide Queen of the Meadows.

The Medlar Tree. Mespilus.

THis Tree is generally well known, being a companion in Orchards and Gardens amongst other fruit Trees : it is called *Mespilus*, and the fruit *Mespilum* in Latine : the Tree in English is called the Medlar, or Open-arse Tree, and the fruit Medlars and Open-artes.

They flower in May, and the fruit is ripe about Mi-

Elaeagnus ; and then when they are gathered, they must lye till they are rotten before they be fit to eat.

Nature and Vertues.] Both leaves and fruit of the Medlar Tree are cold, dry, and astringent, a plant of Saturn. The decoction of Medlars is good to gargle the Mouth and Throat, it stays defluxions of humors, which might cause pains and swellings there ; it is also good to drink, and to bathe the Stomach warm, that is subject to loathing or vomiting for it fortifies digestion, and strengthens the retentive faculty ; A pultis or a plaister may be made for the same purpose with dryed Medlars, mixed and beaten together with the juyce of red Roses, a few Cloves, Nutmegs, and a little red Corral. The said decoction is a good bath for women to sit in whose courses flow overmuch, and to stay the bleeding of the Piles. The powder of the leaves is good to stay the bleeding of fresh Wounds. The stones bruised to powder, and drunk in liquor wherein some Parsley roots have been steeped all night, or a little boiled, doth expel stones and gravel from the Kidneys. The fruit is good to stay womens longings, and is good for those that are apt to miscarry.

Melilot. Corona Regia.

Descri-
ption. Common Melilot springeth up with many green stalks about half a yard high, or more, from a tough, long, white root, which dyeth not every year, set round about at the Joynts, with small and somewhat long, strong, and well smelling leaves, standing three together, dented about the edges unevenly ; the flowers are yellow, and well scented, standing in long spikes one above another a hand breadth long or better ; after the flowers come long crooked Cods, wherein are contained brownish flat seeds.

Names.] The Latines call it *Corona Regia*, because the flowers crown the tops of the stalks, but it is generally called

called *Melilota*, from the Greek ; and in English *Melilot*, *Kings Claver*, and *Harts Claver*, because Deer delight to feed upon it.

Place and Time.] It is found plentifully in many places of this Land, in Corn Fields, the Corners of Meadows, and by Ditches sides.

Nature and Vertues.] It is a plant of Mercury, and hath mixt qualities like him, binding, and yet digesting, and the hot faculty abounding more therein then the cold. The seed thereof applyed with *Linseed*, *Fenugreek*, and *Gamomile* flowers, asswages Tumors, and hard swellings, provokes the Courses, opens obstructions of the Veins, and strengthens the parts. The compound Plaster of *Melilot* is effectual to dissolve Tumors, windiness, and swellings of the Spleen, Liver, and Belly ; it easeth the *Hypocondria*, or any other pain, and is good for the Rickets. The other Plaster of *Melilot* is good to draw such sores & wounds as need cleansing. The juyce dropped into the ears, easeth pains of them, and being dropped into the eyes, it clears them of pearls and spots, and takes away the Web, and clears the sight ; being steeped in *Rose water* & vinegar, and applyed, it easeth the Head-ache ; it mollifieth all Tumors and Inflammations either in the privy parts, or other places of the body, being boiled in wine and applyed, and sometimes the yolk of a roasted Egge, or the powder of *Linseed*, *Fenugreek*, *Poppy seed*, *Endive*, or fine flower is added to it. The flowers of *Melilot* and *Gamomile* are much used in *Glisters* to ease pains, and expel wind, and likewise in *pultisses* to assuage Swellings and Tumors ; being boiled in water, it helps Wens, and running Ulcers of the Head, being applyed with *Chalk*, *Wine*, and *Galls* : it is effectual for those who have suddenly lost their senses by any fit, and to strengthen the Memory, and comfort the Head and Brain, to preserve them from pains, and the Apoplexy, the head being often washed with the distilled water of the Herb and Flowers, or with a Lye made thereof.

French and Dogs Mercury. Mercurialis.

Descri-ption. **B**OTH these kindes of Mercury have a male and a female. The French Mercury riseth up with square green stalks, full of joynts, about two foot high, with two leaves at every joynt, and branches on both sides the stalks, with fresh green leaves somewhat braod and long, finely dented about the edges. In the male at the Joynts towards the tops of the stalks and branches, come forth two small round green heads, standing together upon a short foot stalk, which growing ripe are the seeds, without yielding any flower: The stalk of the female is longer, and of a spike fashion, set round about with small green husks, which are the flowers, made like small branches of Grapes which yield no seed, but continue long upon the stalks: the root consists of many fibres, which dyeth every Winter, and springs again of its own sowing.

The Dogs Mercury hath many stalks smaller and lower then the other, and without branches, the male hath two leaves at every joynt, somewhat greater then the female, more pointed and harder; at the joynts with the leaves come forth longer stalks then the former, with two round hairy seeds on them, twice as big as those of the other Mercury; from the joynts of the female come forth spikes of flowers like the female French Mercury. The root is fibrous, yet abideth the Winter, the stalks dying down to the ground, and springing every year.

Names. It is known in Latine by the name of *Mercurialis*, and the dogs Mercury, *Mercurialis Canina*, and *Gynocrambe*.

Place and Time. The French Mercury grows in Kent, and divers other places of this Land. The Dogs Mercury grows

grows by hedges sides in many places: they flower and seed in the Summer months.

Nature and Vertues.] Mercury is hot and dry about the second degree, having a cleansing and digesting faculty: Mercury claims it for his names sake.

Mercury is much commended for Womens diseases; the secret parts being fomented therewith, it easeth the pains of the Mother; the decoction thereof being taken, procures the Terms, expels the After-birth; it is also good for the Strangury, and diseases of the Reins and Bladder. Hypocrates commendeth it for sore and watry eyes, deafness and pains in the Ears, by dropping the juyce thereof into them, & bathing them afterwards in White-Wine: the juyce taken in broth or drink, or the decoction of the leaves with a little Sugar, purgeth chollerick and waterish humours: Broth made thereof with a Cock Chicken is good against hot fits of the Ague, and cleanseth the Breast and Lungs of phlegm; but is a little offensive to the Stomach. The juyce or water thereof snuffed up into the nostrils purgeth the Head and Eyes of Rheume, and Catarhs. Two or three ounces of the distill'd water with a little sugar taken fasting, opens and purgeth the body of gross viscus and melancholly humours. Mathiolus saith, That the seed of the male and the flowers of the female Mercury boild with Wormwood and drunk speedily, cures the yellow Jaundies. The leaves or juyce rubbed upon Warts, takes them away. The juyce mixt with vinegar, helps the Itch, running Scabs, Tetters, and Ring-worms, being applyed pulvis-wise to Swellings and Inflammations; it digesteth the humours which cause the same. It is commonly used amongst other things in Glsters to evacuate the Belly from offensive humours. Dogs Mercury may be likewise used to purge waterish and melancholly humours in the same manner as the former. There are some Fables reported of this Plant, which I shall forbear to relate.

Mill-Mountain. *Linum sylvestre.*

Descri- I Am induced to publish this plant, by the com-
ption. mendation I have had of it from some special Friends who have found singular use of it, and commend it to do all things which *Sena* doth. The description *Gerrard* reports to have had from a friend of his called *Mr. Goodyer*, which is as followeth.

It riseth up from a small white threddy crooked root, sometimes with one, but most commonly with five or six, or more round stalks, about a foot or nine inches high, of a brown or reddish colour, every stalk dividing it self near the top from the middle upward in many branches or parts of a greener colour than the lower part of the stalk; the leaves are small, smooth, of colour green, of the bigness of *Lentil* leaves, and have in the middle one rib or sinew, and no more, that may be perceived, and grow along the the stalk in good order by couples, one opposite against the other: at the tops of the small branches grow the flowers, of a white colour, consisting of five small leaves apiece; the nails whereof are yellow: in the insides are placed small short chives also, of a yellow colour: after which come up small little knobs or buttons, the top whereof when the seed is ripe, divides it self into five parts, wherein is contain'd small smooth flat slippery yellow seed, when the seed is ripe the herb perisheth; the whole herb is of a bitter taste and herby smell.

Names.] *Gerrard* saith when he first found this plant, he inserted it in his Catalogue amongst the kinds of *Lines* or *Flaxes*, and called it *Linum sylvestre pusillum candidis floribus*, until he had a further relation thereof from *Mr. Goodyer*, who call'd it *Linum sylva Catharticum*, because it was used to purge: and in English it hath acquired the name of Mill-Mountain.

Place

Place and Time.] It groweth plentifully in the unma-
nured Inclosures of *Hampshire*, on chalky downs, and on
Purfleet Hills in *Essex*, and many other places. I have been
told it grows near *Wickomb* in *Buckinghamshire*; and in
July about four years since, *Mr. Dixon* and I met a *Chy-*
urgeon with some of it in his hand in *Kingston*, which
he said he had gathered by the ways as he came from
London: It riseth forth of the ground at the beginning
of the Spring, and flowreth all the Summer.

Nature and Vertues.] Its bitter taste argues the tempe-
rature thereof to incline to heat: The use of it (as the same
Mr. Goodyer reports) is as follows.

Take a handfull of *Mill Mountain*, the whole plant, leaves
seeds, flowers and all, bruise it, & put it in a small *Pipkin*, with
a pint of *White-Wine*, and set it on the Embers to infuse all
night, and drink that Wine in the morning fasting: This he
saith he was told (by a *Servant* of one *Dr. Lake*, who lived at
St. Crofs near *Winchester*) would give eight or ten stools.
This *Dr. Lake* was afterwards *Bishop* of *Bath* and *Wells*,
and always used this herb for his purge as his man affirm'd.

Thus saith *Gerrard* by the relation of *Goodyer*; but
lately I have heard it commended by some *Physicians*
to be equivalent with *Sena*: Therefore I have put it
down for the benefit of the studious, to make further
tryal and use of it accordingly.

Mynts. Mentha.

Description Both the Garden and wild Mint are well
and Names. B enough known; wherefore I shall pass
by their description to their names and vertues. *Mentha*
is the Latine common name; and Mint, or Spearmint
for the Garden kind in English.

Place and Time.] The wild Mints grow in watry
Ditches, the other only in Gardens: they all flower
in

in August: the plant increaseth much by the root, the seed being seldom good.

Nature and Vertues.] Mynt is hot and dry in the beginning of the third degree, bitter, binding, and of thin parts, and is said to be an herb of Venus: The decoction cureth a sore mouth and gums, the mouth being gargled therewith, and helps a stinking breath; being apply'd with honyed water, it eases pains in the Ears, and the roughness of the Tongue, it being rubb'd therewith: the decoction thereof is good to wash Childrens Heads, against Scabs, and breakings out, and heals chaps of the Fundament. Two or three branches thereof taken with the juyce of Pomegranates, stays the Hiccough, Vomiting, and allays Choller; being applyed with Barley meal, it dissolves Imposthumes; it is good to repress the milk in Womens Breasts, and helps swollen or flagging Breasts; it causes digestion, helps a cold Liver, strengthens the belly and Stomach, helps gnawings of the Heart, procures Appetite, opens the Liver, provokes to Venery; being bruised with salt it is good for the biting of a mad Dog. The mouth being gargled with a decoction thereof, and Rue and Goriander, bringeth the pallat of the Mouth that is down to its right place; the powder of it taken after meat, helps digestion, and those that are spleenatick, and taken in wine, it helps women in their sore Travel in Child bearing; it is good against the Strangury, and Gravel and Stone in the Kidneys, being boiled in milk before you drink it, it will not curdle in the Stomach; and some say a Gheese will not come, if it be put into the milk or Runnet: the distilled water is available for all the aforesaid purposes, tho more weakly: but the Chymical Spirit drawn from the herb is most effectual. Chollerick persons must abstain from Mint, for much of it taken makes the blood thin, and turns it into choller. The horse Mints are good to expel wind in the Stomach, to help the Chollick and short windedness, and is good to help nocturnal pollutions, being applyed to the Cods.

Mir-

Myrtles. Myrtylli.

THis Outlandish plant cannot endure the Winter with us unless it be kpt in pots within doors.

The Tree is called in Latin *Myrtus*, and the berries *Myrtilli*.

Nature and Vertues.] *The myrtle hath contrary qualities, cold and earthy, warm and thin, powerfully binding & drying : The dry leaves beaten and boiled in water and drunk, is good against Catarrhs, the Whites, Ulcers, and creeping Sores. The berries and seed is good against passions of the Heart, stinging of Serpents, and venomous Creatures, and the poison of Toadstools ; being drunk in Wine, it helps a stinking Breath, diseases of the Bladder, and provokes Urine : The decoction is good for the falling down of the Fundament, and the Piles ; being mixt with oyl of Roses and applyed, it helps swelling of the Goads, Imposthumes of the Fundament, and St. Anthonies fire. The decoction of the berries makes the hair black, and keeps it from falling, cures sores in the head, and helps those that are bursten. The syrup of Myrtles is good against the Cough, and Ulcers of the Lungs, And altho I have not told you where this Tree grows, because I doubt you will not go so far to fetch it, you may have it near home at the Druggists and Apothecaries.*

Myrobalanes.

MYrabolanes are an *East Indian* Fruit, and are call'd in English by Mr. Parkinson, purging Plums. My Author reckons up five kinds of them, viz. *Cytrina, Ghebula, Bellerica, Emblica, Indica.*

Nature and Vertues.] *They are all cold in the first degree, and dry in the second, and do purge, and also strengthen the Stomach. The Citrine Myrobalanes purge Choller, strengthen the Stomach, Heart, and Liver, help such as have the Hemorrhoides.*

rhoides and Piles; they are good in Tertian Agues, cause a good colour, and hinder old Age: the Chebule purges phlegm, quicken the brain and sight, and strengthen the Stomach. They are good in the Dropsie, and for long continued Agues. The Embellick, and Bellerick purge Phlegm from the Stomach, strengthens the Brain, Joints, Heart, and Liver, helps passions of the heart, provokes Appetite, allays Thirst, stays Vomiting, qualifies inward heat, and allays Choller, and gives ease to those that have the Piles. The Indies, or Black Myrabolanes, purge Melancholly and adust Choller, and cause a good colour, and are good against Quartain Agues, the Leprosie, and all Paralytical Diseases. The Citrine are also often used in Cholleries, with the juyce of Fennel, or Rose-water, against Inflammations and flowing of humours to the Eyes; and likewise in powder, with Mastick, or Rose-water, to dry and heal Ulcers.

Mistleto. Viscum.

I Think Mistleto is so well known, that its needless to describe it. The Latines call it *Viscus*, and *Viscum*, and so is the Birdlime called that is made of the berries. The Mistleto of the Oak is called *Viscus Quercini*, and so of the rest.

Places and Time.] Mistleto groweth plentifully upon Fruit Trees, as Apples, Pear Trees, and Crab Trees in divers Countries of this Land; sometimes on Ashes, and Oaks; but that of the Oak is most rare in England: It flowers in the Spring, and the Berries are ripe in October, abiding on the branches all the Winter unless the Birds devour them.

Nature and Vertues.] Mistleto is hot and dry in the third degree, the leaves and berries do heat and dry; and are of subtle parts, and questionless participates of the nature of that Tree it grows upon; as that which grows upon the Oak partakes

takes of the nature of the Oak, and therefore is ascribed to Jupiter, and is the most effectual : It is held to be very effectual for the curing of the Falling Sicknes, and is by some prescribed to be taken in Pills thus prepared, *R. Visci Quercini*, seeds and roots of Piony, ana. ʒi. β. Nutmeg, Anniseeds, ana. ʒi, β. Sacchari Buglossati, ʒvii. make Pills thereof.

Mathiolus saith that the Mistleto of the Chesnut Tree made into powder and given in drink, cures the falling Sicknes. Some attribute so great a vertue unto it, as they have called it, *Lignum sanctæ Crucis*, and believe it to help the Falling Sicknes, Palsie, and Apoplexy, being only hung about their Necks. Tragus saith, that the juyce of fresh Mistleto dropt into the Ears of them that have Imposthumes in them, easeth them, and helps them in few days. The Birdlime which is made of the Berries, ripens and discusses Tumours and Imposthumes, and mollifies hard knots, and draweth forth both thick and thin humours from the remote places of the Body, digesting and separating them, and being mixed with equal parts of Wax and Rozen, it mollifieth the hardness of the Spleen, being applyed thereunto.

Gerrrad saith, being taken inwardly, it is mortal, I never did prove any of it, but only the Birdlime upon Birds, and I am sure that hath proved mortal unto them.

Money-wort, or Herb two pence.

Nummularia.

Descri- **M**oney-wort shooteth forth many long, weak, slender branches, lying and running upon the ground, with two leaves at each joynt, equally opposite one to another, almost as round as a Penny, but that they are pointed a little at the ends, smooth, and of a yellowish green colour : at the joynts with the leaves from the middle forward, come forth sometimes one, sometimes

times two yellow flowers, standing each upon a small foot stalk, consisting of five narrow leaves, pointed at the ends, with some yellow threads in the middle; after which come small round heads of seed: the root is small and threddy.

Names.] It is called in Latine *Nummularia*, and *Serpentaria*; in English Two Penny Grass, Herb Two-Pence, and Money-wort.

Place and Time.] It grows by Ditches sides, low Meadows, and watry places: flowers about June and July, and the seed is ripe soon after.

Nature and Vertues.] Money-wort is an herb of Venus, and cold, drying, and astringent: The flowers and leaves are good to heal green wounds speedily, and for old spreading Ulcers, especially if it be bruised and boiled in Sallet Oyl with some Rozen, Wax, and Turpentine added to it, or Tents dipped in the juice, and put into the wounds. The juyce taken in Wine, or the decoction thereof, stays the overflowing of Womens Courses, and the Whites, and also Lasks, bloody Fluxes, inward and outward Bleedings, helps weakness of the Stomach that is subject to Vomiting; being boiled in Wine and Honey, and taken, it cures inward wounds, and Ulcers of the Lungs, and is a remedy against the Chin-Cough in Children.

Moonwort. Lunaria.

Descri-ption. IT riseth up with one dark, green, thick, fat leaf, standing upon a small foot stalk, about an inch high, unless when it is in flower, and then it hath a small slender stalk, about three inches high: the upper part whereof groweth out of the bosom as it were of the said leaf, which is divided on each side into five, sometimes seven, or more parts on a side, each whereof is small next the middle rib, but broad forwards, & round pointed, much resembling an half Moon. The stalk riseth above

above this leaf about two inches, bearing many branches of small long tongues, much like the spiky head of Adders Tongue, of a brownish colour, which afterwards resolve into a mealy dust, so that you may call them flowers or seed, which you please: the root is small and threddy.

Names.] It is called in Latine *Lunaria*; in English by some Unshoe the Horse, but rightly Moon-wort.

Place and Time.] It delights to grow upon Hills, and Heaths amongst grass and dry mossy places, and in divers places of Kent, as near Maidstone: it may be found about April and May; the heat of June banisheth it away.

Nature and Vertues.] Many idle Fables have been told of this Herb, by lying Cachochemists, such as Culpeppers Commanders were that he prates on; for I believe they never saw the Herb in their lives: and I am confident, tho it be the Moons herb; yet it is neither Smith, Farrier, nor Picklock, but is of Temperature cold and dry, somewhat more then Adders Tongue, and is a good Wound Herb, either for inward or outward Wounds, Blowes, or Bruises; it likewise helps to consolidate Fractures, and is good for Ruptures and Cancers of the Breast: It may excellently be used with other wound herbs; to make Oyls and Balsoms for fresh and green wounds: and being boiled in red wine and drunk, it is excellent to stay the overflowing of womens Courses, and the Whites; Bleeding, Vomiting, and other Fluxes. The learned Grollius saith, that it is good for the Cancers in Womens Breasts, its Signature speaking so much.

Moss. Muscus.

Description There is Moss of Trees, and Ground
and Names.] Moss; but neither of them want a description. The Apothecaries call it *Ufnea*: it is likewise called in Latine *Muscus*.

Place and Time.] I have told you before where they grow:

Nature and Vertues.] The ground Moss is cold, dry, and astringent; that of the Tree is cool and binding, yet it partakes somewhat of the nature of the Tree whereon it grows; yet all Saturns pot-herbs, as saith Culpepper. The ground Moss is held good to break the Stone, being boiled in Wine and the decoction drunk; it is likewise good being boiled in water to allay Inflammations and hot pains. The Oak Moss is good to stay Fluxes, and Laks in man or woman, Vomiting, Bleeding, spitting and pissing of Blood, and the Terms, the powder thereof being boiled in Wine & drunk. The same being drunk, stays the Hiccough, as saith Avicen. And it procures sleep, saith Serapio; and some say the powder thereof for some time together taken in drink, is good against the Drop sic. Fresh Moss steeped a while in Oyl of Roses, and then boiled therein, and applyed to the Temples and Forehead, helps the Head-ache, that cometh of a hot cause, and distillations of hot Rheumes to the Eyes, or other parts. It was anciently used in Oyntments against Weariness, and to strengthen the Sinews.

There is a Moss that grows upon dead Mens Skulls, which is a principal ingredient in the Weapon Salve; but the receipt is, it should be taken from the Skull of one who dyed a violent death. I lately saw one which was brought out of Ireland, all grown over with Moss.

Cup Moss if it be powdered and given in sweet Wine for certain days together, is a remedy against the falling Sickness, and the Chin cough in Children.

Motherwort. Cardiaca.

Descri-
ption. **T**His herb riseth up with hard, square, rough, strong stalks of a brownish colour, shooting two or three foot high, and sometimes more, spreading into many branches, whereon grow the leaves on each side, with long foot stalks, two at every joynt, broad, and long,

long, rough, and crumpled with great veins of a dark green colour, deeply jagged about the edges, almost torn or divided: the flowers grow in sharp pointed rough husks, from the middle of the branches to the top, round about them at distances, somewhat like Balm or Horehound, but of a more red or purple colour; after which comes plenty of small round blackish seed; which shedding, fill the place about it with their young growth. The root is fibrous, the plant of a rank smell and bitter taste.

Names.] It is called *Cardiaca* in the Latine, though *Matricaria* which is used for Fetherfew, might be more proper for it; for it is effectual to help the Mother as well as the Heart; and therefore with good reason is called in English Motherwort.

Place and Time.] It groweth rarely with us but only in Gardens, ye delighteth to grow by Walls sides, and among rubbish: it flowers and seeds from the Spring till Winter, and then perisheth; but the root abideth all the Year.

Nature and Vertues.] Motherwort is of temperature hot & dry in the second degree, of a cleansing and astringent faculty, and is by Astrologers reputed to be subject to the influences of Venus, and the Sign Leo; so that it is excellent for the fits of the Mother, and diseases of the Womb, and also for the trembling of the Heart, the Cramp, Convulsion, and Palsie: it helps the hard labour of Women, a spoonful thereof in powder being taken in Wine. For the fits of the Mother, let little Bags of Motherwort, Camomile, Wormwood, Penniroyal, and Lovage be apply'd warm to the bottom of the Belly of the Patient: The said powder used as afore-said, provokes Urine, and Womens Courses; it may also be made into a Syrrup and Conserve; and being so used, it cheers the Heart, expelling Melancholly from thence, Expectorates

Phlegm, opens obstructions of the Entrails, and kills Worms in the Belly ; it is likewise good being bruised and applyed to green Wounds to stop the Blood, cleanse and cure them, and is a remedy against the Cough, Murrain, and other Diseases in Cattle.

¶ See further in *The Art of Simpling* : written by *W. Coles,*

Moufear. Pilosella.

Descri- tion. **C**OMMON Moufear creeps upon the ground by strings or wires, much like the Strawberry ; the strings taking root as they run, and shooteth forth small short leaves set in a round form together, hollowish in the middle, where they are broadest, of a hoary colour all over, & very hairy, out of which issues a white milk being broken ; from amongst these leaves spring up divers small hairy stalks, about a handful high, with a few smaller leaves thereon, standing one at a place as the flowers do, usually one at the top, which consists of many pale yellow leaves, much like a Dandelion flower, but smaller, and a little reddish underneath, near the edges, turning into Down ; which with the seed is blown away by the Wind. The root is small and fibrous.

Names. ¶ It is called *Myosotis* from the Greek word *Myosota*, and of some *Pilosella* in Latine, because of its hairiness ; and *Auriculæ muris*, because the leaves resemble the ears of a Mouse, which also gives it the English name of a Mouse-ear.

Place and Time. ¶ It groweth on Banks and Ditches sides, which be dry and sandy, and also in sandy grounds : they flower in *June* and *July*, and abide green all the *Winter*.

Nature and Vertues. ¶ It is held to be subject to the *Lunar Influence*, but is by temperature hot and dry, cleansing, binding,

ing, and consolidating, so that the iuyce or decoction thereof taken stays Womens Courses, and the Whites, and other Fluxes of Blood and inward bleedings, and is likewise good for the Jaundies, to drink thereof morning and evening, and abstain from other drink two or three hours after: it is good against the Stone, and gripings of the Bowels, and to abate the fit of a quartain Ague being taken before it come. The decoction with Succory and Gentory is good against the Dropsie and Spleen. A Syrup of the iuyce of Mouseear is good against the Cough and Ptisick, and helps Ruptures, a spoonful or two being taken at a time; it is a singular Wound Herb either for outward or inward Wounds. The juice of the green Herb, or being dried in powder is good to stay fretting Ulcers or Cancers, either in the Mouth or secret parts of Man or Woman, or elsewhere. The distilled water is available for the said purposes, and to wash Wounds and Sores, and to dip the Tents and Gloathes therein that are to be applyed thereto.

This herb is hurtful to sheep, in making them costive and lean; therefore Shepherds should keep them from it.

Mugwort, Artemisia.

Descri- Common Mugwort groweth with divers
ption. jagged or dented leaves lying upon the ground, much like to common Wormwood, but larger, darkish green on the upper side, but white or hoary underneath: the stalks rise up two or three foot high, sometimes more, having such leaves as below, but smaller, branching very much towards the top, whereon grow small pale yellowish flowers like buttons, after which cometh small seed inclosed in round heads. The root is long and hard, fastned in the ground with many fibres, which spread so in the ground, that it can hardly be weeded out. The plant is of a reasonable good scent. The stalks and leaves dye every Winter.

Names.] *Artemisia* is both the Greek and Latine name of it.

Place and Time.] It groweth by the High ways and Ditches sides, and too plentifully in light ground in Corn Fields, where it will not be gotten out ; as in *Wokingham*, a place I once lived in.

Nature and Vertues.] *Mugwort* is ascribed to the dominion of *Venus*, yet is naturally hot and dry in the second degree, and of thin parts ; but it helps Womens Diseases ; therefore it is reason a woman should be mistriss of it. The decoction of the leaves in Wine or water being drunk, drives down the Courses, Birth, and After-birth, helps Inflammations, and stoppings of the Mother, and provokes Urine, causeth fruitfulness in Women, helps to pains of the Matrix, coldness, and Wind, and helps to retain it in its due place, it strengthens the Nerves, opens the Pores, and corrects the Blood, helps stoppings of the Liver and Spleen ; and being boiled with Gentory, it is good for the Jaundies. The juyce being taken, helps the biting of a mad Dog. The powder of the leaves drunk in Wine, is good against the Sciatica. A decoction made thereof for Women to sit over and receive the hot fume, performeth the same effects, as being taken inwardly ; so doth the juyce made up with Myrrhe, or the root used for a Pessary. An ointment made of the Herb, with some Field Daisies, and Hogs Grease, taketh away Wens, Knots, and Kernels in the Neck and Throat. The fresh herb, or the juyce thereof is a good remedy for the overmuch taking of opium. A decoction of the Herb with Camomile, Egrimony, and Sage, takes away pains of the Sinews, and Cramp, the place being bathed hot therewith ; and refresheth the feet of those which are subated with travel, they being bathed therein.

¶ See more of this in the Art of Simpling : written by *W. Coles*.

Mulberries. MORUS.

I Shall not need to describe this Plant, it being very well known where it is an Inhabitant.

Names.] The Latines call it *Morus*, and in Shops *Morus Celsa*; the Bramble Berries being called *Mora Bati*.

Place and Time.] They are much nourished in the Levant and Eastern Countreys, and also in *Italy* to breed up their Silkworms. The fruit is ripe in *August* and *September*.

Nature and Vertues.] It is assigned to Mercury, and of different parts like him; the ripe Berries having a sweetness and slippery moisture, do open the Belly; the unripe do bind it, especially being dried, and then are good to stop Fluxes, Lasks, and overflowing of Womens Courses; the bark of the root hath a purging quality, and a bitterness: the leaves and tender tops are of a temperate nature. The juice of the Berries or the Syrrup made of them, helps Inflamations and Sores in the Mouth and Throat, and the Pallat of the Mouth being down. The juyce of the leaves is good for such as have eaten Wolf bane, and is a remedy against the biting of Serpents; and being beaten with Vinegar, it is good to apply to any place that is burnt with fire. The mouth being washed with a decoction of the bark and leaves, easeth the Tooth ache, It is said, that if the root be a little slit or cut in the harvest time, and a small hole made in the ground next unto it, there will issue forth a juyce, which being hardened, is good to help the Tooth-ache, to dissolve knots, and purge the Belly. The leaves are said to stay bleeding at Mouth and Nose, and of the Piles, or of a wound being bound thereunto: It is reported, that if a branch of the Tree be taken when the Moon is at full, and bound to the wrist of a woman whose Courses flow too much, it will soon stay them. The Bark of the root killeth

the broad Worms in the bodies of Men or Children. The powder of the berries is good to cure Tumours which grow upon the Coats, and about the Fundament of some people.

Mulleyn. Candelaria.

Descri **C**ommon white Mulleyn hath many fair large
ption. woolly leaves lying next the ground, some-
what longer then broad, pointed at the ends, and a little
dented about the edges; the stalk in rank ground riseth
four or five foot high, and is covered over with such
leaves as below (but lesser) up to the flowers, so thick
as they hide the stalk: the flowers come forth on all
sides of the stalk without any branches for the most
part, and stand together in a long spike, generally of a
gold yellow colour, but in some more pale, consisting
of five round pointed leaves, turning afterward into
round heads, wherein is contained small brownish seed;
the root is long, white, and woody, but dyeth when the
seed is fallen.

Names.] It hath been called *Candela regia*, and *Candela-
ria*, because the stalks were wont to be used to burn,
being dipped in grease; It is also called *Thapsus*, *Tapsus*
Barbatus; and in English Hightaper, and Hagtaper, Ju-
piter's Staff, Hares-beard, and Bullocks Lungwort.

Place and Time.] It grows by High ways sides, in Lanes
and upon Dunghills in many places of this Land, and
flower about June and July.

Nature and Vertues.] Mulleyn is dry of temperature, like
Saturn. The leaves digest and cleanse. A decoction of the
leaves is good for the Lungs, and an old Cough, either in man
or beast. A little quantity of the root taken in Wine is good
againg Lasks and Fluxes of the Belly: and the decoction
thereof easeth the Tooth ache, the mouth being washed there-
with; and being drunk it is good for Burstnes, & for Cramps

and

and Convulsions. The seed and flowers, and the powder of dryed Venice Turpentine, being cast upon a Chafing-dish of coals, and set in a Close-stool, for the Patient to sit over it that is troubled with the Piles; or the falling down of the Fundament; it giveth much ease also to such who are troubled with an often desire to go to Stool, and can do nothing, and helpeth the Bloody Flux: An Oyl made of the often infusion of the flowers is also good for the Piles. The decoction of the root in red Wine (or water if there be an Ague) wherein red hot Steel hath been often quenched, stayeth the Bloody Flux, and opens obstructions of the Bladder and Reins, when one cannot make water: A decoction made with the leaves, and Sage, Marjoram, and Camomile Flowers, easeth and comforteth Veins and Sinews that are stark or shrunk with cold, or the Cramp; the places being bathed therewith. The distilled water of the Flowers drunk morning and evening the quantity of three ounces at a time for some continuance, is said to be a good remedy for the Gout. The powder of the root, or the juyce of the leaves and flowers rubb'd on rough Warts, takes them away, but doth no good to such as are smooth. The powder of the Flowers is good for the Chalkick, and pricks in the leg. The decoction of the root and leaves is effectual to dissolve Tumours and Inflammations of the Throat: The seed and leaves boiled in Wine and applyed, draws forth Thorns and Splinters out of the Flesh, easing the pains, and healing the place. The leaves bruised and wrapped in double papers, and baked under the Embers, and then taken out and applyed warm to any Bitch in the Groin or Share, doth dissolve and heal it. The seed bruised and boiled in wine and applyed to any Member that is newly set after it hath been out of Joynt, takes away the swellings and pains thereof.

The bruised leaves quickly heals a Horse Hoof that is pricked with a nail, and being applyed thereunto.

¶ See further of this in Culpeppers School of Physick.
Mustard

Mustard. Sinapis.

IT is very well known, so as needs no describing.

Names.] It is called in Latine *Sinapis* and *Sinapi*.

Place and Time.] It grows in Gardens where it is planted, and is not easily gotten out, having once took possession: it grows also wild about *Tewkesberry*, which place is famous for Mustard makers.

Nature and Vertues.] The seed is chiefly used, and is of temperature hot and dry in the fourth degree, and doth make thin: it is under the influence of Mars. The seed taken in an *Electuary* or otherwise, stirs up bodily lust, and provokes womens Courses; it is also good for the Falling Sickness, the Lethargy, or drowsie evil, to use it both inwardly & outwardly to rub the Nostrils, Forehead, and Temples therewith; it being first beaten to powder, & little balls made thereof with Honey, and one or two of them swallowed fasting every morning maketh a clear voice, draweth down Rheume, and viscous humours which distill upon the Lungs and Chest; it cleanseth the Breast, strengthens the Heart, resisteth Poison, provokes Appetite, warms the Stomach, and helps digestion, easeth the pain of the Spleen, Sides, and Belly; and being used for some time wasteth the Quartain Ague. The decoction of the seed in Wine is a good gargle to send up the Pallat of the Mouth being fallen down; and a Plaister wherein store of the seed is mixt being applyed, helpeth the Sciatica, and Aches of the Joynts, and dissolveth Tumors and Swellings about the Throat: being also applyed to the Shoulders, Sides, or Loins, which have any ache or pain, it helpeth them by drawing forth the cause by Blisters; it helps the falling of the hair, and being chewed in the mouth, is good against the Tooth-ache. The seed being bruised and mixt with Honey or Wax, takes away Marks, black and blue spots of Bruises, Scabbedness, the Leprosie, and lousie Evil, and helps the Crick, or drawing awry

of the Neck. The distilled water of the herb when it is in flower is good to arink for the diseases aforesaid, to wash the Mouth when the Pallat is down, and also to gargle the Throat; and likewise for Scabs and Itch, and to cleanse the face from Morpew, spots and freckles. An oyl made of the Mustard, by infusing four pounds of the seed (being beaten) in four pound of Oyl for ten days together, and then straining it, is good for griefs of the Reins, Palsies, Gouts, Stitches and Swellings. The seed ground with Vinegar, is a good sauce both with Fish and Flesh; it is good to clarify the Blood, and to stir up appetite in weak Stomachs; but it is hurtful for chollerick people. And to make it the more pleasing to the Stomach, take Mustard seed two ounces, Cynamon half an ounce well beaten, & make it up into Balls or Cakes, with honey and Vinegar, and dry them in the Sun, they will keep a long while, and may presently be made into a sauce by being relented with a little Vinegar.

Nep, or Cat-mint. *Nepeta*.

**Descri-
ption.** Common Garden Nep riseth up with four square stalks, a Cubit high, or more, having a little hoariness upon them, being full of Branches, and beareth at every joynt two broad leaves, like unto Balm, but longer pointed, softer, whiter, and more hoary, nickt about the edges, and of a strong sweet scent: The flowers grow in large tufts upon the tops of the Branches, and underneath them on the stalks, being many together, and of a whitish purple colour: The roots consist of many long strings or fibres, whereby it is strongly fastned in the ground, and the leaves abide green all the Winter.

Names.] It is called in Latine *Mentha Catharia*, but more commonly *Nepeta*; by which name the Apothecaries call it.

Place

Place and Time.] It is cherished in our Gardens, flowers in July and August, and the seed is ripe in September.

Nature and Vertues.] *Nep* is hot and dry in the third degree, and is ascribed particularly to the influence of the Planet Venus. It is effectual for the rising of the Mother, Wind, and pains thereof, and warms and comforts the womb, and dryeth up the overmuch moisture thereof, and brings it to a right temper, taking away the cold and moist cause of Barrenness; it also provokes the Terms, and is useful for pains of the head, proceeding from a cold cause, as Rheume and Catarhs, and giddiness of the Head; it is good also for windiness of the Stomach and Belly, and is effectual to dissolve wind in cold Aches and Cramps; it is effectual for Coughs, Colds, and shortness of Breath: The juce thereof given in Mead or Wine, is a good remedy for inward Burstings and Bruises by means of Falls, or otherwise. A bath made thereof for women to sit in, or receive the Fumes, bringeth down their Courses, warmeth those parts, and helps Barrenness. The herb bruised and applyed to the Fundament, easeth the pains of the Piles in two or three hours space; and an Oynment made with the juce and applyed, doth the same. The decoction in Spring Water is good to wash the Head to take away the Scabs thereof, and may be effectual for other parts of the Body: the distilled water is useful for many of the aforesaid purposes.

Nettles. *Urtica*.

Description. **S**tinging Nettles are very well known, or *and Names.* **S** may be by feeling as well as sight, so that a description may be forborn. It is called in Latine *Urtica ab urendo*, because it raises Blisters like burning with fire.

Place and Time.] They are common associates to most hedges, under walls, amongst rubbish, and in untill'd places

ces you may find them plentifully: they flower and seed in the end of Summer.

Nature and Vertues.] *This plant is armed by Mars, and is by temperature hot and dry in the third degree. A decoction of the roots & leaves of the Nettles, or the juyce thereof taken in an Electuary, or with honey or sugar, is a good medicine to open the obstructions of the Lungs, and a remedy against Wheesing, and shortness of breath; it expectorates tough Phlegm, and evacuates an imposthumated Plurisie by spittle; it is a good gargle to help swellings of the Throat, and the Almonds of the Throat, and swellings in the Mouth: The leaves boiled in wine and drunk, provokes Womens Courses, helps suffocations, and other diseases of the Mother, and so it doth, being outwardly apply'd with a little Myrrhe. The same also, or the seed taken, provokes Urine, and expells the Gravel or Stone out of the Reins or Bladder; it killeth worms in Children, easeth pains in the sides, and dissolves windiness of the Spleen, and in the Body; yet some do suppose it only effectual to provoke Venery. The juyce of the leaves taken two or three days together, stayeth bleeding at the Mouth. The seed taken in drink is a remedy against venomous bitings, and the biting of a mad Dog, and resists the poison of Hemlock, Henbane, and Night-shade, Mandrakes, and other stupifying herbs; as also for the Lethargy, to rub it upon the Forehead and Temples, and upon the places bitten or stung by venomous Beasts, with a little salt. The distilled water is effectual for the said purposes, (yet more weak) and likewise to wash Sores and Wounds, to cleanse the skin from the Morphem, Leprosie, and other deformities thereof. The seed or leaves bruised and put into the Nostrils, stayeth bleeding thereof, and takes away the excrescence growing there call'd Pollipus. The juyce of the leaves or the decoction of them, or the roots, is good to wash old rotten Sores, Fistula's, or Gangreens, and corroding Scabs, Manginess, or Itch in any part,*
of

of the body, and is good also to wash green wounds, or to apply the fresh bruised herb thereunto, tho the flesh were separated from the bones. The same is good to refresh wearyed members, and to comfort, dry, and strengthen such parts as have been out of joynt, and are set again; and also for Aches, and Gout, and to ease the pains, and to dry and dissolve the defluxions of humours upon the Joynts and Sinews. An ointment made of the juyce, oyl, and wax, is good to rub benumbed members to reduce them to their proper activity. A handful of green Nettle leaves, and another of Danewort, or Wall-wort, bruised and applyed to the Gout, Stiatica, or joynt Aches, is a good help thereunto. The young tops of Nettles being used in Pottage in the Spring, are good to consume phlegmatick superfluities in the Body, and clarifie and warm the Blood: give Hens dry Nettles cut small amongst their meat in Winter; and it will make them lay Eggs the more plentifully.

Nigella.

Descri- **C**Arden Nigella riseth about a foot high with
ption. weak and brittle stalks, full of branches, with many leaves upon them finely cut and divided, something like Larks-heel, but of a more grassy green colour; it beareth flowers of a whitish blue colour, which grow on the tops of the branches, each flower being (star-like) divided into five parts, and each part consisting of many fine small leaves; after the flowers there come knops or heads, having at the end five or six little horns or points, and every head is divided into several cells or partitions, wherein is contained the seed, which is blackish, somewhat like Onion seed, but larger, of a sharp taste, and sweet strong savour: the root is small, fibrous and yellow, perishing every year.

Names.] The Greeks call it *μενδοσυρ*. The Latine Authors

thors *Melanthium*, and *Nigella*. We in England call it *Gith*, and *Nigella Romana*; it is also called by some Fennel flower, Bishops-wort, St. Katharines flower; and of some, Kiss me twice before I rise; and the Old Mans Beard.

Place and Time.] That which is most common with us is sown in Gardens; and being sown in April, it will flower in July, and the seed be ripe in September.

Nature and Vertues.] The seeds of *Nigella* are hot and dry in the third degree, and of thin parts; I suppose under the Influence of Jupiter: The seed drunk in Wine, helps shortness of breath, expells wind, provokes Urine, and the Courses, kills worms, is good against poisons, and the bitings of venomous Beasts; it likewise increases Milk in Womens Breasts, if moderately taken; but otherwise it is hurtful to Nurses, and to all others that take it too often, or in too great quantity: The common dose of the seed therefore is from half a dram to a dram. A dram thereof taken in Wine or Posset drink before the fit, is effectual in Tertian or Quartain Agues. It is an excellent remedy in other distempers that need cleansing, heating and drying, and opens obstructions being boiled in Vinegar and so taken: being applyed to the Navel with juyce of Wormwood, it kills Worms; being dryed and quilted in Linnen or Sarcenet, and applyed to the head, it cures Gathars and Rheums, dryeth the Brain, and restores lost smelling; being mixt with Vinegar, and applyed, it takes away Scurf, Freckles, and hard swellings: the smoak of it drives away venomous Creatures, and kills Flyes, Wasps, and Bees. The seed mixt with Oyl of Flower de Luce, and applyed to the forehead, helps a cold Head-ach.

Nightshade. Solanum.

Description. Common Nightshade hath an upright green hollow stalk, about a foot high,
and

and sometimes more, bushing forth into many branches whereon grow many dark green leaves, somewhat broad, and pointed at the ends, soft and full of juyce, somewhat like the leaves of Basil, but larger, and a little unevenly dented about the edges; at the tops of the stalks and branches come forth four or five, and sometimes more white flowers, consisting of five small pointed leaves a piece, standing on a stalk together one by, or above another, with yellow pointels in the middle, composed of four or five yellow threds, set together, which afterwards turn into so many pendulous green berries of the bigness of a small pea, full of green juyce, and small round flattish white seeds lying within it; the root is white, and a little woody, when it hath given flower and Fruit, with many small fibres at it; the whole plant is of a waterish insipid taste. The juyce in the berries is somewhat viscos, like a thin muscilage, and of a cooling astringent quality.

Names.] In Latine it is called *Solanum*, and *Solatram*, *Uva Lupina*, and *Uva Vulpis*, *Cuculus* and *Moreka*; in English Morrel, Perry Morrel, Nightshade, and in some places Hounesberries. there is another sort call'd Dwall, or deadly Nightshade, being of a poisonous, and excessive cold quality, which beareth a berry black and shining like jet, and about the bigness of a black Cherry.

Place and Time.] Common Nightshade groweth upon Dunghills, and amongst rubbish, under old Walls, and by the sides of Hedges and Fields; I have seen the Dwall, or Deadly Nightshade, growing in a ditch by the Highway side near *Alton* in *Hampshire*, and near *Croydon* in *Surrey*, where it was about six foot high. They flower in Summer till the beginning of Autumn; and the fruit is ripe in *August* and *September*.

Nature and Vertues] They are all cold and Saturnine Plants, but the Dwall is ——— in the first degree. The

The berries of common Nightshade are good to provoke Urine, and expel the Stone, being moderately take in white Wine, and doleth hot Inflammations, being inwardly or outwardly taken, so not in too great a quantity, for then it procures the Phrenzy, but a remedy against it is to drink good store of warme honied water. The iuyce easeth pains and Inflammations of the Ears, being dropped therein: and the iuyce clarified and mingled with Vinegar, is a good gargarisme for the Mouth and Throat, being inflamed. The iuyce of the herb or Berries incorporated in a leaden Mortar with Oyl of Roses, Vinegar, and Ceruss, is good to anoint the Eyes for all hot Inflammations. The iuyce made up with Hensdung and applied, is good for the Shingles, Ring-worms, Corroding Ulcers, and moist Fistula's. A Pessary dipped in the Iuyce, and put up into the Matrix, stayeth the immoderate flowing of the Courses. A cloth wet therein, and applyed to the Testicles or Gouts, giveth much ease in any hot swelling there, and easeth the Gout, coming of hot and sharp humours. The Dwall or deadly Nightshade is by no means to be taken inwardly; yet if the Temples and Forehead be a little bathed with the iuyce of the leaves and a little Vinegar, it procures sleep, which is hindered by hot causes, and easeth pains of the Head proceeding of heat. The bruised leaves of iuyce may be applyed to St. Anthonies fire, the Shingles, and such hot Inflammations and fiery Cankers, to cool them, and stay the spreading thereof. The distilled water of the common Nightshade is safest to be given inwardly, but they are both dangerous, and the Dwall deadly.

The Nutmeg Tree. *Nux Moschata.*

THis odoriferous tree groweth in the East-Indies; the fruit is called in Latine *Nux Moschata*, and the Mace that grows also upon this Tree is called in Latine *Maceis*.

Nature and Vertues.] Nutmegs are hot and dry in the second degree, and somewhat binding : **Mace** is hot in the second degree, and dry in the third. Nutmegs do heat and strengthen a cold and weak Stomach, resist Vomiting, and takes away the Hiccough ; it helps pain and Wind in the Belly, and stoppings of the Liver and Milt, and stoppeth the Lask, being taken in red Wine ; it is profitable for the Mother, Kidneys, and Bladder, helps pissing by drops, and other cold griefs in men and Women ; the powder thereof with oyl of Mints, is good against the colicness of the Head, and dulness of Memory, the Forehead, and Temples being anointed therewith ; it is good in Cordials, and Receipts, to help colicness of the Liver, stopping of the Milt, the Dropsie, Vomiting, Head-ach, Swelling, bloody Etnes ; it helps trembling of the Heart, and comforts the Veins and Muscles in cold people, and helps to expell Gravel from the Reins and Bladder, being first steeped in Oyl of Sweet Almonds. The Oyl of Nutmegs doth likewise comfort a cold Stomach.

Mace is somewhat of the same nature with the Nutmegs ; it stops the Lask, bloody Flux, and Womens Courses, and helps trembling of the Heart. The oyl of Mace cures ramblings of the Stomach, and a desire to Vomit, the Stomach being anointed therewith. The powder of a Pomgranate, large Mace, long Pepper and Sugar, being drunk with Posset Ale, Malmsey, or Broth sodden together, is a good remedy for the Black Jaundies. Mace being used in Meats, causeth lean people to grow fat, warmeth those that are cold in their Venerous acts, and so do Nutmegs, and are good to be taken in Broths, or Milk ; it is good also against Fluxes, spitting of Blood, Vomit, and the Chollick.

¶ See more of this in *The Expert Doctors Dispensatory* : by P. Morellus.

¶ See further in *The Art of Simpling* : written by W. Coles,

Of the Oak. Quercus.

THis stately Tree is very well known; it is called in Latine *Quercus*, and *Robur*, the Acorn Glans: the Cup *Calix*, and *Cupula Glandis*.

Place and Time.] Our Land did once so flourish with these lusty Trees, that it was called *Druina* by some; but of late many of them are destroyed; The Catkins come forth about *April*, the Acorns are not ripe till *October*.

Nature and Vertues.] The leaves and bark of the Oak and Acorn Cups do binde and dry very much, and are somewhat cold; but the Acorns are not so cold nor binding. The Acorns provoke Urine; and help to break the Stone in the Bladder: the decoction of them and the Bark taken in milk, helps exulcerations of the Bladder, and pissing of Blood caused by poisonous Herbs, corroding Medicines, and *Gantharides*. The powder of Acorns drunk in wine; is good to help Stitches and pains in the Sides especially if it be mixed with the powder of Bay-berries: The inner Bark of the Tree, and the thin skin that covereth the Acorn, do stay the spitting of Blood, and the Bloody Flux. The decoction of the Bark, and powder of the Cups stayeth Vomitings, spitting of Blood, bleeding at Mouth, Lasks, the involuntary Flux of natural seed, and all other Fluxes in man or woman. The sume of the leaves helps strangling of the Mother; and the bruised leaves soder up Wounds, and keeps them from Inflammations. The distilled water of the Buds is likewise good to stay all Fluxes, to cool the body in pestilential, and burning Fevers, and to resist the infection, and also to cool the Kidneys, and heat of the Liver, and assuage all inflammations both inwardly and outwardly. The water in old hollow Oaks is good against the itch and spreading Scabs.

¶ See further in *Adam in Eden*: written by *Will. Coles*.

Oats. *Avena.*

THIS Grain is well known, *Avena* is the Latine name they are plentiful in most places of England: they are sown in the Spring, and mown in Autumne, or before.

Nature and Vertues.] They are somewhat cold and drying, and are more used for food both for Man and Beast then for Physick; yet being quilted in a Bag with Bay-salt, and made hot in a frying-pan, and applyed hot as it can be endured, easeth pains and stiches in the sides, and the Chollick in the Belly. A pulvis made of the meat of Oats and Oyl of Bayes, helpeth the Itch and Leprosie, Fistula's of the Fundament, and dissolveth hard Imposthumes. The meal of Oats boiled in Vinegar and applyed, takes away Spots and Freckles in the Face or other parts of the Body. Oatmeal is good in Broth, or Milk, to bind those that have a Lask, or other Flux, and with Sugar it is good for them that have a Cough or Cold. Raw Oatmeal is unwholesome dyet, especially for young Maids; yet they are most apt to eat it for want of something else which were better for them.

Olive Tree. *Olea Sativa.*

THIS Outlandish Tree I intend not to describe, but only the Vertues of the fruit; the manured Olive Tree is called in Latine *Olea Sativa*, and the wild Olive Tree, *Oleaster*, and the fruit *Oleum*.

Nature and Vertues.] Ripe Olives be temperately hot and moist; the unripe are dry and binding, and so is their Oyl: the green leaves are cooling and binding. The oyl of the ripe Olive usually called Sallet Oyl, is the most excellent of all simple Oyls; it is very good to ease the Guts of the Chollick, and Illiack passions which way soever used, either eaten with bread like butter, drunk in white Wine, or for those that love not to

eat

eat it, give it in a Glister with Wine; it is effectual against all poisons, and therefore a remedy for them that have eaten Rats bane, or other poison, preserving the Stomach and Gums from the violence of it; it is excellent good in Sallets and other Sauces with Vinegar; it is a principal ingredient in Salves for curing Wounds and Scars. The Oyl of unripe Olives called Omphacinum being fresh, is grateful to the Stomach, strengthens the Gums, and fastens the Teeth, and is good for those that are much troubled with sweating. Picked Olives are a good sauce to strengthen the Stomach, and stir up appetite; and being eaten with Vinegar, they loosen the Belly; being burned and beaten to powder, they fasten loose Teeth, help loose Gums, and cleanseth foul Ulcers: The oyl is an excellent remedy for any burning or scalding; a piece of Linnen being first sowed about the part, and Oyl and Snow water laid thereon.

One Berry, Herb Paris, or True Love.

Herba Paris.

Descri- **O**Ne Berry, or Herb Paris, shooteth forth
ption. stalks with leaves, some whereof carry no Berries; and others do, every stalk being smooth without Joynts, of a blackish green colour, about half a foot high, bearing at the top four leaves, set directly one against another, like a True Lovers Knot, and are somewhat like a Nightshade leaf, but broader; in the middle thereof riseth a small slender stalk, about an inch long, bearing at the top one flower like a Star, consisting of four small & narrow long pointed leaves, of a yellowish green colour, and having four other lesser leaves lying between them; in the middle whereof standeth a round dark purplish button, compassed about with eight small yellow mealy heads, when the leaves are withered, the berry in the middle becometh of a black purplish colour,

colour, and full of juyce, of the bigneſs of a Grape, of no hot, nor evil, nor yet any ſweetiſh taſte, having within it many white ſeeds; the root is ſmall, and creepeth under the upper cruſt of the earth, ſomewhat like a Couch-graſs root, but not ſo white, and is of an unpleaſant loathſome taſte.

Namés.] It is by ſome called in Latine *Herba Paris*, and *Aconitum Pardalianches*, and *Uva Verſa*, *Uva Lupina*, and *Solanum Tetraphyllum*.

Place and Time.] It groweth in Woods and Copſes in Kent, and divers other places; it ſprings up in April and May, and flowers ſoon after: the berries be ripe by the beginning of June.

Nature and Vertues.] *Herb One Berry* is an exceeding cold Saturnine Plant; wherefore the leaves by their mighty cooling quality do diſcuſs Tumors, and Swellings of the privy Parts, Cods, and Groin, which proceed from heat, and allay all other Inſtammations, and are good to cure green Wounds, and cleanſe and heal up old filthy Sores and Ulcers: the leaves or the juyce applyed to Felons, or white ſlawes on the nails of the Hands or Toes, healeth them in a ſhort ſpace. The leaves and Berries are good to expell Poiſons, eſpecially that of Aconites; as alſo the Plague and other Peſtilential Diſeaſes. Mathiolus and others ſay, that a dram of the ſeeds or berries hereof taken every day in powder for twenty days together, hath holpen thoſe that have lain long in a lingring Sickneſs, and others that by Witch-craft have been half fooliſh, wanting their wits and ſenſes: the leaves in powder have the like operation, but weaker. The berries are thought to procure ſleep, being taken at night in drink. The roots made into powder and taken in Wine eaſeth the pains of the Chollick in a ſhort ſpace. The Chymical oyl of the black berries, is ſaid to be eſſectual for all diſeaſes of the eyes, ſo that it is called by ſome *Anima oculorum*; it hath been ſuppoſed to be poiſon-

ous, but Pena and Lobel making experiment upon two dogs, found it was not dangerous, but effectual to expell the deadly operation of Sublimatum and Arsenick.

Orchis, Vide Satyrion.

Onions. Cepa.

They need no description.

Names.] Cepa, and Gepe are the Latine names for an Onion.

Place and Time.] They are inhabitants in our Gardens, and prosper best in that ground that is well dunged: they are sown about February: They which are for seed must be set about that time; yet the seed seldom comes to any great perfection in our Countrey.

Nature and Vertues.] Onions are hot and dry in the fourth degree, and are particularly ascribed to the dominion of Mars; an Onion being sliced and steeped all night in white Wine, and the Wine drunk in the morning, and the party walking an hour after, it is good for the Stone, and to provoke Urine and Womens Courses being mixed with a little Honey and Rue, they are good to help the biting of a mad Dog, and other venomous Creatures, and are used to provoke Appetite, and ease pain of the Belly; being roasted under the Embers and eaten with Honey, Sugar, and Oyl, they help an old Cough. Water wherein sliced Onions have been steeped all night, kills the Worms in Children. Onions being sliced & dipped in the juice of Sorrel, and given to those that have the Tertian Ague, helpeth them in once or twice taking. The seed stirreth up lust, and increaseth natural seed. A great Onion made hollow, & the place filled up with good Treacle, and well roasted under the Embers and then the outermost skin pulled off, and then beaten together and applyed to a Plague Sore or putrid Ulcer, is a sovereign remedy; the iuyce snuffed up into the Nostrils purgeth the Head, and helps the Leprosie, and is

for scalding or burning: and being used with Vinegar, it takes away spots and blemishes in the skin, and dropped into the ears, it easeth the pains and noise in them. The iuyce mixed with the decoction of Pennyroyal, and a cloth wet therein and applyed, easeth the Gout. The iuyce mixed with Honey causeth Hair to grow, a bald Head being anointed therewith. They help kiled Heels, being roasted and applyed with Butter or Hogs Grease; being applyed with Figs, it helps to ripen Imposthumes; and stamped with Vinegar, and applyed, they provoke the Hemorrhoides and Piles: they are hurtful to Chollerick bodies; and immoderately eaten, especially raw, they breed ill humours in the Stomach, offend the Blood, increase thirst, dull the Sight and Memory, and cause the Head-ache.

Orange Tree, *Aurantia*

I Shall not describe this fragrant Tree, it being Outlandish, yet may be seen in some English Gardens, though it seldom comes to any perfection here.

Names. They have been called *Aurea mala*, *Hesperidium*, and by divers other names, *Prodonum*, *Anarantion*, and by *Lobel.* *Malum Aurantium*. The flowers are called *Alphaba*, and the Ointment made thereof, *Unguentum aurantia*.

Nature and Virtues. Oranges are not wholly of one temperature, the rinde is hot in the highest degree, and dry in the second, and the iuyce is cold in the lowest degree, and dry in the first, and the seeds are more dry then the rinde was. The peel is very good to warm a cold Stomach, to break Wind, and avoid cold Phlegm from thence, and bring about food or preservation, they mend a sticking Breath, help digestion, and strengthen the Heart and Spirit. The young and inner substance is good against Corruptions of the Air, the Plague, and other hot Fevers, and is grateful to the Heart and Mouth of the Stomach, and strengthens the same; it helps also cramping of the Stomach, heartiness and trembling of the Heart, restrains

Vomiting, and loathing of meat, and quencheb Thirst: the seeds resist poison and are good to kill and expel Worms: the Oyntment made of the Flowers, is good for a Cough, and to expectorate raw phlegm, the Stomach being anointed with it. The distilled water of the same Flowers is good for perfumes, being very odoriferous; it is good also to drink against contagious diseases, and helpeth cold infirmities of the Mother.

Orpine. Telephium.

Descri^{tion}. Common Orpine springeth up with divers round brittle stalks, thick set with fat and fleshy leaves, without any order, and stitle or nothing dented, of a pale green colour: the flowers are white, or whitish, growing in tufts; after which come small chaffy husks with seed, like dust in them: the roots consist of divers thick, round, white, tuberous clogs, not growing so big in some places as in others, where it likes the ground the better.

Names. The Latines call it *Telephium*, and *Semper vivum sylvestre*; it is called also by divers other names amongst Authors, too tedious to rehearse; and in English Orpine, and Live long.

Place and Time. It is generally cherished in Gardens, but groweth in almost every County of this Land, in shadowy sides of Fields and Woods: they flower in July, and the seed is ripe in August.

Nature and Vertues. Dioscorides and Gallen say the true *Telephium* is hot, and of a drying cleansing quality; but that which is cooling as Parslain, and ascribed to the Moon by Culpepper. The leaves of Orpine bruised and applied to the Throat cureth the Quirzy, which is an inflammation of the Throat and Gullet: it cureth breathing and swallowing: it is seldom used internally with us, yet Mr Culpepper brags much of a syrup of it for the Quirzy, though not of experience.

riance. But Tragus saith, that in Germany the distill'd water is used for excoriations and knitting of the Bowels, and for Ulcers in the Lungs and Liver, or other inward parts; as also in the Matrix; and stayeth sharpness of humours in the bloody Flux, and other Fluxes of the Belly, or in Wounds. The root performeth the same effect: It is used outwardly to cool Inflammations of Wounds, and heal them, and to heal scalding and burnings, the juyce beaten with Sallet Oyl, and the place anointed therewith: the leaf bruised and laid to a green wound in the Hands, or Legs healeth it. The root helps Burstnesse and Ruptures.

¶ See more of this in *The Art of Simpling*: by W. Coles.

One Blade, Unifolium.

**Descrip-
tion.** **T**His plant springeth up with one leaf, somewhat like the greatest leaf of Ivy, but ribbed like the Plantain leaf; this leaf doth always spring singly out of the earth alone; but when the stalk riseth up afterwards, it hath two leaves upon the sides like the former: at the top of the slender stalk cometh fine small white flowers, after which succeed many small red Berries. The root is small and tender, creeping far under the upper crust of the ground.

Names. It is call'd *Monophillon*, which word is borrowed of the Greeks; and in Latine *Unifolium*; in English One Blade, or One Leaf.

Place and Time. It groweth in Woods, Pastures, and shadowy places, but is not very common to be found: it flowers in May, and the fruit is ripe in September.

Nature and Vertues. One Blade is of a hot and dry temperature, and is a singular Wound Herb, especially in Wounds amongst the Nerves and Sinews; half a dram of the root given in Wine, and the Patient Sweating upon it, is effectual against Poisons and Pestilential Diseases: and the de-

decoction of the herb with Comphrey is good against Ulcers of the Kidneys and Entrails.

Orris, or Flower de Luce. Iris alba.

Descri-ption. **O**rris, or the common Flower de Luce hath long large flaggy leaves, like a two-edged Sword; amongst which spring up smooth and plain stalks, half a yard long, or longer; bearing flowers towards the top, compos'd of six leaves joyned together; whereof three that stand upright are bent inward one towards another; and in those leaves that hang downwards, there are rough and hairy welts, rising from the nether part of the leaf upward, almost of a yellow colour: The roots are long, thick, and knobby, with many hairy threds thereat; but being dry, it is without them and white.

Names.] It is call'd in Latine *Iris*, and *Radix Marica*; in English Flower de Luce, and Orris.

Place and Time.] They grow naturally in *France, Italy*, and those Countrys, and are are nourished in Gardens with us: they flower about *May and June*, and the seed is ripe in the end of *August*.

Nature and Vertues.] The green roots of *Flower de Luce* are hot almost in the fourth degree, but when it is dry is hot only in the third: the juyce of the root extracted and clarified, and snuffed up into the Nostrils, purgeth the head by sneezing, and easeth pain of the head, and procureth rest, being applyed with *Rose Cake and Vinegar*, and cleanseth spots in the Eyes: an Oyl made of the roots, called *Oleum Irimum*, transporteth cold Joynts and Sinews, easeth the Gout and *Sciatica*, mollifieth and consumeth scrophulous Tumours, and helpeth the Cramp and Convulsions; and cold Rheums distilling from the head, and makes thin tough and cold phlegm, that it may be the easier spit out, the Breast being anointed with

with it; it easeth the Piles, helps pain and noise in the Ears, and stench of the Nostrils: the root green, or in powder, cleanseth and incarnates Wounds, and heals up Fistula's and Cankers: half an ounce of the root in powder, Cinamon and Dill, of each two drams, and a scruple of Saffron mixed together, and laid on a Scarlet Cloth, moistned in white-wine, and applyed to the Galls, helps pains and swellings of them. The green roots bruised and applyed, helps the Morpew, Spots, and other discolourings of the skin. The mouth being gargled with a decoction of the roots, it easeth the Tooth-ach, and mends a stinking breath; being mixt with honey and drunk it purgeth gross phlegm and choller from the Stomach, and helps the Dropsie and faundies by evacuating those humours upwards and downwards; it helps also shakings of Agues, diseases of the Liver, Spleen, and the Stone in the Reins; it is good against Worms, and easeth pains in the Belly and Sides, Convulsions and Cramps, and helps the involuntary passing away of the natural seed; being boiled in Vinegar and drunk, it helps the biting of venomous Beasts; and boiled in Wine and drunk, inprovokes Urine, and easeth the Chalkick: an Electuary made hereof, is good for Astma's, Coughs, and cold diseases of the Lungs. If it be given in too great a dose, or too weak person, it offendeth the Stomach, and causeth blood to be avoided. Let women with Child not meddle with it, for it bringeth down their Courses: and a pessary made of the juyce with honey, bringeth away the Birth. In gripings of the Bowels give it with Mastick, in the joynt Gout with Castor, in diseases of the Liver with Rhubarb and juyce of Egrimony, in the Dropsie with honey of Roses.

¶ See further in *statum in Earney* written by Will. Cotes.

¶ See further in *The expert Doctors Dispensatory*: by P. Morellus.

Garden or Common Flower de Luce.

Iris vulgaris.

Description.

IT hath long flaggy leaves, having two edges like a sword, amongst which spring up smooth plain stalks, about two foot long, bearing blue flowers towards the top, consisting of six leaves join'd together, three whereof stand upright, and are bent inwards one towards another, the other three hang downwards, and have rough hairy welts rising from the nether part of the leaf upward, almost of a yellow colour, the roots be thick, long, and knobby, having many hairy threds hanging to them.

Names.] The Greek name is *Iris*, and in Latine *Iris* and *Radix Marica*, because of its faculty to cure the Piles. It is likewise called in Greek *ieids, quasi sacra*: whereupon it hath been also called *Consecratix*, the Ancients having accounted it holy.

Place and Time.] This Flower de Luce groweth commonly in our Country Gardens, the flowers being us'd for an ornament in houses; they flower in May and June, and sometimes in April.

Nature and Vertues.] The green Roots of the Flower de Luce are hot almost in the fourth degree, the dried Roots hot & dry in the third degree, burning the mouth and throat of such as taste them; the root stamp'd with Rosewater, and apply'd to the face plaisterwise, takes away the blackness or blewiness of any stroke or bruise, yet it is apt to cause heat and inflammation in a tender skin, unless prevented by laying a piece of silk or fine Linnen between the plaister and the skin; the juyce of the Root vehemently draweth forth phlegm and watry humours, and is a special Purger for the Dropsie, being drunk in Whey, or some such convenient liquor to allay

the heat of it: The dry roots attenuate or make thin clammy thick and tough humours; ſo that they are good in a locho, or licking medicine for ſhortneſs of breath, the Cough and infirmities of the Cheſt; they remedy evil Spleens, Convulſions, Cramps, and bitings of Serpents, and running of the Reins, (as ſaith Dioſcorides) being arunk with Vinegar; and the decoction in wine being drunk, provokes Urine, helps the Chollick, and brings down the Courſes: the decoction uſed in bathes for women ſoftneſh the Matrix; the roots being boiled ſoft, and laid to plaſterwiſe, mollifieth hard knobs and ſwellings of the Kings-Evil; and the juyce of the root, or the root bruſed applyed to the Piles or Hemorrhoides, eaſeth them much; the other vertues which Culpepper hath promiſcuouſly miſ-apply'd to this, you may read in Orris, or White Flower de Luce in its proper place: obſerve well the temperance of this common Flower de Luce, and be careful how you uſe it; do not aſk advice of the Moon, as Culpepper directs you, leſt your Cure prove lunatick.

Water Flag, or yellow Flower de Luce.

Iris paluſtris Lutea.

Deſcription. **T**HE Flag, or Water Flower de Luce, is like the Garden in roots, leaves, and ſtalks; but both leaves and ſtalks grow much higher; the leaves are a lighter green colour, and have ſharp edges like a two-edged ſword, the flower is perfect yellow, the root knobby like the other, but being cut, it looks like raw fleſh.

Names.] The Flag is called in Latine *Iris paluſtris lutea*, *Pſeudacorus* and *Acorus paluſtris*, in Engliſh Water Flower de Luce, and Baſtard Flower de Luce, and Flags.

Place and Time.] They grow plentifully by Rivers ſides, and about Ponds, Pools, and ſtanding Lakes, and flower in May and June.

Ger-

Gerhard saith, the roots of Flax are cold and dry in the third degree; and Dodoneus affirms them to be cold and dry in the second degree: but by their taste they appear to be hot, if they be chewed in the mouth, they will so warm the tongue of whosoever tastes them, that he will pronounce them to be hot and dry, and that at least in the second degree; they are astringent, and do bind, strengthen, and condense, and therefore is good in Fluxes of Blood, whether at mouth, nose, or other parts, and to stop Lasks, and the immoderate flowing of womens Courses; the distilled water of the herb and flowers is good to wash and cleanse foul Ulcers in the privy parts of man, or woman, Cancers, Inflammation of womens breasts, and that spreading Ulcer called Noli me tangere; for which outward purposes an Oyntment made of the Flowers is effectual.

Parsley. *Apium hortense.*

It needs no description.

Names.] It is called *Apium hortense* in Latine.

Place and Time.] It grows only in Gardens in our Land; it perfects its seed in August the second year after it is sown.

Nature and Vertues.] It is a Mercurial herb, and is hot and dry in the second degree; the seed is hot in the second degree, and dry almost in the third; its root is temperately hot; Parsley is excellent to provoke Urine, to break the Stone, and ease the pains thereof; it provokes the Terms, and is comfortable to the stomach, breaking wind both there and in the belly; the roots open obstructions, and provokes Urine mightily, and may be boiled and eaten like Parsnips for the purposes aforesaid; for which the seed decocted in wine is very effectual; its profitable for the Yellow Jaundies, Falling Sickness, and Dropsie: the root is one of the five opening roots, and is used among other herbs and roots that move the belly downwards.

wards; the seeds are effectual against venome and poison, and for them that have taken Lathangy: it is also used amongst other things for the Cough, and being boiled in white-wine and drunk, it brings away the Birth and After-birth. The leaves of Parsley eaten after Onions or Garlick, takes away their offensive smell, and suppresseth the Vapours that offend the head or eyes: the leaves laid to inflamed or swollen eyes with bread or meal, doth much help them, and it abates the hardness of womens breasts caused by the curdling of their milk; it takes away black and blue spots and marks which come by blows, bruises, and falls, if it be fryed with butter, and applyed therewith: the ioynt wounded with a little wine, and dropped into the ears, easeth pains thereof; the distilled water is good to give Children for the colic, wind, or grippings in their bellies or stomachs.

Parsley-pert, or Break-stone. *Calculus frangens.*

Descri^{tion}. **T**His rises up with many leaves spread upon the ground, standing upon a small long foot-stalk, about the bigness of a mans nail, much dented in the edges, much like Parsley, but of a dusky green colour, the stalks are weak and slender two or three fingers long, set full of leaves to the top, so that the stalk cannot be seen, amongst which come forth greenish yellow flowers, so small, they can hardly be seen, and the seed is very small, the root is small and threddy, yet abideth many years.

Names. Label gave it the name of *Percepier Anglorum*, and it is called *Calculus frangens* in Latine, in English, Break-stone.

Place and Time. Parsley-pert delights in sandy and fallowed Ground, and also amongst Corn; it groweth

eth commonly in most Countreys of this Nation, it is found from April to the end of October.

Nature and Vertues.] It is cold and dry about the second degree, I suppose under the influence of Venus; it is singular to provoke Urine, and expel gravel and the Stone in the Reins and Kidneys, washing it down by Urine, and expelling it out of the Bladder, either to drink the decoction of the said herb in Wine or water, or the juyce in white Wine, taken morning and evening, or a dram of the dried herb in powder drunk in white Wine or other drink first and last divers dayes together: it will make a good Sallet herb for the said purposes, being pickled up like Sampire, and eaten as a sauce in Winter when the green herb cannot be had.

Parsnip. Pastinaca.

I Think this needs no description, *Pastinaca* is their Latine appellation; they are common amongst Gardeners, and is a good root to be eaten buttered by it self, or amongst salt Fish; their particular vertues you may read before in Carrots, there being little difference but only in colour.

Cow Parsnip. Spondylium.

Descri-
ption. **T**His plant is known by the name of wild Parsnip, it answering thereunto both in the rank flavour, and in the likeness of the root: the leaves hereof are long and large, deeply notched, or cut about the edges, like the teeth of a Saw, of an over-worn green colour, having long hairy foot stalks: the flowers grow in tufts like the wild Parsnips, in white, and sometimes reddish Umbels: the root is long and white like to the Henbane root. The whole plant hath an ill-favoured smell.

Names.] It is called in Greek σπονδυλιον, and in Latine
R also

also *Spondylium* ; in English Cow Parsnip, Meadow Parsnip, and Madnep.

Place and Time.] Cow Parsnip grows commonly in moist fertil Meadows and Pastures, and flowreth in June and July, the seed is ripe in August.

Nature and Vertues.] It is manifestly hot of tempera-
ture, and of a cutting faculty : the leaves hereof being bruised and applyed doth consume and dissolve cold swellings : the Oyl wherein the leaves and roots hereof have been boiled, is good to anoint the Heads of such as are troubled with the Lethargy, Forgetfulness, or the Head-ache, and much helpeth phrenetick or Melancholly persons, their Heads being anointed with it. The seed of Cow-Parsnip being drunk in convenient liquor, purgeth Plegm out through the Guts, helps short windedness, the strangling of the Mother, Jaundies, and falling Sicknes, and the fume of the seed will revive such as are fallen into a swoon, or deep sleep, and helps womens passions of the Mother, the smoke being received underneath : The juyce of the flower dropped into the ears, cleanseth and healeth them of filthy matter, and stayeth the running thereof.

The Peach Tree. *Nux Persica.*

THIS Tree is nourished only in Gardens, so that a description is needless.

Names.] It is called in Latine *Nux Persica* ; I suppose the reason, because they came originally from Persia.

Nature and Vertues.] The fruit is cold in the first degree, and moist in the second ; the Kernels be hot and dry : it is a tree ascribed to Venus. Peaches moderately eaten (as all fruit ought to be) are good for hot constitutions ; to cool the Stomach, and loosen the Belly : according to Galen, the best time of eating them is before meals, for then they mollifie the Belly, provoke appetite, and qualifie choller in the Stomach.

maeh. The Kernels of the Stones are profitable amongst other ingredients to break the Stone, and do ease pains & gripings of the Belly, caused through windiness and sharp humours: an oyl drawn from them and put into Glisters doth the like. A milk or cream of the said Kernels being drawn forth with some Vervain water, and applyed to the Forehead and Temples, doth procure rest to sick persons; and so doth the said oyl, the places aforesaid being anointed with it: the same Oyl, or the iuyce of the leaves dropped into the Ears, easeth pains of them; and being bruised and boiled in Vinegar till they be thick, and applyed to a bald Head, it causes hair to grow. The leaves boiled in Ale, or Milk, and drunk, loosens the Belly, and killeth worms; and so they do being bruised and laid on the Belly; and being dryed they discuss humours. The powder whereof strewed upon fresh bleeding Wounds, stayeth the bleeding, and closeth them up: The flowers infused all night in Wine in a warm place, and strained in the morning, and drunk gently, moves the Belly; or you may make a syrrup of them, by infusing fresh flowers in the liquor six or seven times still straining it, and then boil it to a syrrup with a convenient quantity of Sugar, and take two spoonfuls thereof, and it will purge waterish humours without trouble to the Stomach, or lower parts of the body. A conserve made of the said flowers provokes Vomiting, and wasteth hydropick humours. The liquor that droppeth from the Tree being wounded, is given in the decoction of Colts-foot for the Cough and shortness of Breath, by adding thereto some sweet Wine and Saffron; and it is good for Hoarseness, and all diseases of the Lungs, and for them that vomit or spit blood; two drams thereof taken in the iuyce of Lemons or Radish, is good for the Stone.

The Pear Tree. *Pyrus.*

There are divers sorts of them, but all so well known they need no description,

Names.] The Latine name is *Pyrus*, and the wild Pear *Pyraster*; the Warden *Volema*.

Nature and Vertues.] Culpepper ascribes all Pears and Apples to Venus, but he might allow Jupiter some of them: they are said to be cold and moist in the first degree, having an earthy substance, and binding quality; but the sweet Pears do move the Belly, the harsh and sowre bind as much: the Warden is most commendable, and may be given to those that are sick, being first baked, stewed, or roasted. Pears being boiled and taken with a little Honey, helps the pains and oppression of the Stomach. Pears outwardly applyed are good for hot Tumors, and close and heal new Wounds, and so do the leaves; for which the wild Pear is most effectual.

Perry is a cordial drink reviving the Spirits, comforting the Heart; and is a healthy drink.

Pease. *Pisum*.

They are very well known, and are called in Latine *Pisum*; in English Pease, and Peason.

Nature and Vertues.] They are of a mean temperature, less flatuous then Beans, yet pass not so soon through the body; they help the generative and procreative faculty very much; they increase the seed and bodily lust, and also milk in womens breasts: The dryed pease sodden in water, and a lye made therewith, helps spreading sores of the head, spots of the face, and other discolourings of the skin. The broth wherein they have been boiled is good to take purgations in, to cleanse the Stomach of cold and moist humors. The portage is good for the Strangury, and to take with Sena morning and evening for the Ague, and Rhabarb for the Jaundies. The powder of them stops bleeding at the Nose. The red Giches have a cleansing faculty, they provoke Urine, and break the Stone.

Pel.

Pellitory of Spain.

*Descri-
pion.* **T**His beareth long leaves, finely cut upon the stalks lying upon the ground, larger then the leaves of Camomil; at the top it bears one large flower at a place, white on the upper side and reddish underneath, having a yellow thrum in the middle. The root runs down right into the ground.

There is another kind which riseth up with divers brittle stalks, a yard high and more, having narrow long leaves, finely dented about the edges, standing one above another to the top, and hath many white flowers which stand in tufts like those of Yarrow, with a small yellowish thrum in the middle, which yields a small seed: the root is of a sharp biting taste.

Place and Time.] The first groweth only in Gardens, the latter by hedges sides and paths in many places: it flowers in the latter end of June and July.

Nature and Vertues.] It is hot and moist, particularly ruled by Mercury, so that it is a purger of the Brain: the herb or the root chewed in the mouth, draweth away phlegmatick humours, and easeth pains of the Teeth, and hinders distillations of the brain, upon the Eyes and Lungs, and by that means prevents Coughs, Ptsick, and Consumptions, the Apoplexy and Falling Sickness, and is good for the Lethargy: The herb made into an Oyntment with Hogs Grease takes away black and blue spots caused by blows or falls. It is said an ounce of the juyce taken in a draught of Muscadell, an hour before the fit, will drive away an Ague at the second or third time taking at furthest.

Pellitory of the Wall. Herba muralis.

*Descri-
pion.* **C**ommon Pellitory of the Wall hath many brownish red tender stalks, rising not above

a foot high at most : upon which grow at the severall joynts two leaves, of a dark green colour, afterwards turning brownish, smooth on the edges, and rough or hairy like the stalks at the joynts with the leaves ; from the middle of the stalks upwards come many small pale purplish flowers in hairy heads or husks ; after which come small black, rough seed, which will stick to any Garment, or cloth : the root is somewhat long, with many fibres, of a dark reddish colour, which abideth all Winter, though the stalks and leaves perish, springing fresh every year.

Names.] It is commonly called *Parietaria*, and of some *Herba muralis*.

Place and Time.] It grows upon old stone Walls, as upon the Walls of Rochester Castle in Kent, and amongst rubbish, and such like places ; flowers in June and July, and the seed is ripe soon after.

Nature and Vertues.] Pellitory of the Wall is reputed to be cold and moist, yet it is thought to be hot, because it is effectual against Wind, and the Stone ; it is also ascribed to Mercury. The decoction of the herb taken with a little honey, is a good Gargle for a sore Throat ; and being drunk without Honey, it easeth pains of the Mother, provokes the Terms, and helps obstructions of the Liver, Spleen, and Reins : three ounces of the juyce taken at a time, helps stopping of Urine, and expells the Stone and Gravel out of the Reins and Kidneys, and is good in Glisters to ease pains of the Sides and Back proceeding of Wind. The juyce held in the mouth easeth the Tooth-ache. The powder of the dried herb made into an Electuary with Honey, or the juyce or decoction taken with Sugar or Honey, is good for an old dry Cough, shortness of Breath and Wheezing. The bruised herb being sprinkled with some Muscadine, and warmed upon a Tyle, or a Chafing-dish of Coals, and applyed to the Belly, works the same effect. The

leaves

leaves mixed with Oyl of sweet Almonds, is good for the Stone, Wind, or gripings, being laid to the pained part; the juyce dropped into the ears, ceaseth the noise, and easeth the pains thereof: The juyce applyed with a little salt doth cleanse and heal Fistula's: the bruised herb bound to a green wound healeth it in two or three days: A Pultis made hereof with Mallows boiled in wine, with wheat-bran, bean-flower & some oyl, and applyed warm to any bruised Sinew, Tendon, or Muscle, it restores them to their strength in a short space, and easeth pains of bruises, and dissolves congealed blood of beatings or falls: The juyce or the distilled Water is useful for many of the aforesaid purposes, and also to cleanse the skin from spots and freckles, wheales, sun-burn, and morpew; and assuage hot Imposthumes, burnings, scaldings, or inflammationss, as ~~S~~ Anthonies fire, being often bathed with wet cloathes dipped therein; or the juyce made into an oyntment with Ceruse and Oyl of Rose, and aointed therewith, which also doth cleanse foul Ulcers, and running Scabs in childrens heads, and helpeth to stay the falling off of the hair from the head.

Pennyroyal. Pulegium Regale.

THis is so well known to be a very wholesome herb, that it needs no other report but onely of its Vertues.

Names.] It is called in Latine *Pulegium Ragale*; in English Pudding-grass, (because it is used in Hogs-puddings) Pulial-Royal, and of some Organy.

Place and Time.] It grows upon Commons and other moist watry places, and is also cherished in Gardens, and flowers about *August* or later.

Nature and Vertues.] Penniroyal is hot and dry in the third degree, as Gallen saith, of subtle parts, making thin, warming and digesting, ad governed by Venus: A decocti-

on of it in beer or wine provokes the Courſes, and being boiled in wine it will expel a dead Child, and the after-birth : It ſtayeth vomiting, and helps gnawing of the ſtomach, being taken with water and vinegar ; the decoction is good in the Falling-ſickneſs, Dropſie, Jaundies, ſtopping of Urine, and the Leproſie, being mixed with honey and ſalt it clears the breaſt, opens the Lungs, helps Cramps, and purges melancholly humours by ſtool ; and being drunk in wine it helps ſuch as are ſtung by venomous beaſts : being beaten with mint and ſome vinegar added to it, it is profitable againſt fainting and ſwooning, being ſmelled to, or held in the mouth, and ſo it is good for the Lethargy and Falling-ſickneſs. The powder of the Herb, or the aſhes of it ſtrengthens the gums ; being boiled in wine with honey and ſalt, helps the tooth-ache : It alſo eaſeth the Gout, and profits thoſe that are ſpleenatick or liver-grown, being applyed with ſome ſalt : A bathe made of it for women to ſit in helps hardneſs of the Mother, and ſo it helpeth the Itch : The green herb bruised with vinegar, takes away black and blue marks about the eyes, or other places, and diſcolourings in the face, and cleanſeth and healeth ſoul Ulcers ; it helps cold griefs in the joynts, being faſt bound to the place after a bathing : The diſtilled Water is effectual for many of the ſame purpoſes.

Piony. Pionia.

OF this Plant there are generally accounted theſe two kindes, the male and the female, which are both ſo well known, that they need not a particular deſcription, only this, the male is that which is called a ſingle Piony, bearing a ſingle flower ; and the female the double Piony, which hath a very thick flower.

Names.] *Pionia* is the common Latine name for it, yet it's called by ſome *Lunaria*, becauſe of its efficacy in curing the Falling-ſickneſs and Lunacy.

Place

Place and Time.] They grow only in Gardens, and flower in May, and the seed is ripe in July.

Nature and Vertues.] It is temperately hot and dry, the root doth gently bind, it is a Solar Herb : The heads, roots, and seeds, but especially the roots are very effectual for the Falling-sickness; being taken up and hung fresh about Childrens necks, it cures them; the root infused in Sack twenty four hours; and strained; and a good draught drunk first and last several days before and after the full of the Moon, the body being first well prepared, and Betony Posset being used, it effectually helps the Falling-Sickness both in Children and elder People : the powder of the male Piony root drunk in wine or posset drink, will do the same : and so doth an extraction made of the roots, and the syrup made of the flowers : The root comforts and cherishes the body, provokes Urine, purges the Liver and Kidneys, and being boild in wine & drunk it purges the blood, the terms, and secondine, the quantity of an Almond being taken at a time : it helps gripings of the belly, and pain of the Kidneys and Bladder, and the overflowing of the Gall, the Chollick, and cleanses the guts, passions of the brain, and the Strangury, being boiled in wine and drunk : The powder of the root with Saffron is good against the yellow Jaundies : the black seed provokes the Terms, and helps those that are troubled with the Night-mare, being taken night and morning : the same powder drunk with wine, comforteth the senses, and restoreth lost speech.

Pepper. Piper.

I Shall not describe this forreign Tree, but only tell you the Vertues of the fruit, being all that part of it which is to be seen in England.

Nature and Vertues.] There is brought to us black Pepper, white Pepper, and long Pepper : it is hot and dry in the third degree, well near the fourth : The black Pepper is most used, and

and is good to consume crude and moist humours in the stomach, to provoke Appetite, help digestion, and warm a cold stomach; it dissolves wind, provokes urine, helps the Cough, and diseases of the Breast, and is good against poisons and venomous bitings: being drunk in Posset-drink before the fit of an Ague, it abates the shaking thereof; and being taken with honey, it abates the swelling of a Quinzy: The powder snuffed up purges the brain by sneezing, it consumes the Pin and Web in the eye, and helps dimness of the sight: it strengthens the Nerves and Muscles, dissolves the Kings Evil, and hard cold swelling: being applyed with pitch it draws out thorns: The powder of long Pepper and Cinquefoil drunk in Ale easeth the Chollick: But such us are of hot constitutions must forbear the much use thereof.

¶ See further of this in Culpeppers School of Physick.

Periwinckle. Vinca Pervinca.

Descri- **T**HERE be divers sorts of Periwinckle, some **ption.** with white flowers, some with blue, and others with purple flowers; the common sort of Periwinckles hath many branches running upon the ground, shooting out small fibres at the joynts, by which it taketh hold on the ground, and rooteth at divers places: At the joynts of the branches stand two small dark green shining leaves, somewhat like Bay-leaves, but smaller; and with them come the flowers one at a joynt, upon a tender foot-stalk, being somewhat long and hollow, parted at the brims into four (and sometimes five) leaves, of a pale blue colour: the root is not much bigger than a Rush, creeping with his branches far about in the ground.

Names.] Its most known by the names of *Vinca Pervinca*, tho it is also called *Clematis Daphnoides*, both in Greek and Latine, in English *Pervinkle*, and *Periwinckle*.

Place

Place and Time.] The common sort with the blue and that with the white flowers grow under hedges in many places of this Land; the other only in curious Gardens: They flower in *March, April, and May.*

Nature and Vertues.] It is hot almost in the second degree, and somewhat dry and astringent, it is appropriated to *Venus*, and said to increase milk in womens breasts, and to cause mutual love between man and wife, the leaves being eaten by them both: and likewise the herb chewed stays bleeding at mouth and nose, and is used by the French to stop the *Terms*: It is commended to be drunk in wine against *Lasks and Fluxes* of the belly: the bruised herb apply'd to the place is good against the biting of *Adders*, and the infusion of the herb in vinegar drunk: It is reported that the branches or strings bound about the legs defends from the *Cramp*: but I never tryed it, being never troubled with that disease.

St. Peters-wort.

THere is so little difference in form, and much less in vertue, between this Herb and *St. Johns-wort*, that I need say no more of it here, but refer you to *St. Johns-wort.*

Pimpernel. Anagallis.

Descri-ption. **P**impernel hath divers weak square stalks lying on the ground, with two small and almost round leaves at every joynt, much like *Chickweed*, but thicker, and spotted on the back side with brownish spots, without any foot-stalks, for the leaves almost compass the stalks; the flowers stand singly each by themselves at the joynts between them & the stalks, having 5 small round pointed leaves, of a pale red colour, tending to an *Orange*, with so many threds in the middle, after which come small round heads, wherein is contain'd the feed,

seed being small. It hath a small fibrous root, perishing every Winter.

Names.] It is called *Anagallis* both in Greek and Latine, and by many other useles names; yet by some *Corallion*, and the Composition thereof *Diacorallion*.

Place and Time.] It grows by High-ways sides, in Corn fields, and in Gardens too of its own accord almost every where: It flowers from *May* till *August*, some of the seed ripening and falling in the mean time.

Nature and Vertues.] It is a *Solar Herb*, somewhat hot, and of a drying faculty, and drawing; it draweth thorns, thistles, and splinters out of any part of the body, and cleanseth and healeth corrupt and fretting sores, being bruised and applyed thereunto: The decoction in wine is good against venomous bitings, pain of the *Kidneys* and obstructions of the *Liver*, and is good in contagious diseases, the Patient sweating in bed two hours after the taking of it, that the venomous matter may be expelled; it helps also bitings of mad dogs and other venomous creatures, being inwardly and outwardly apply'd: The juyce mixt with honey, and dropt into the *Eyes*, cleanseth them from mists and films; it also easeth pains of the *Hemorrhoides* and *Piles*: The distilled water is good for all the aforesaid purposes, and beautifies the skin, making it smooth, neat, and clear: The juyce snuffed up into the *Nostrils* purgeth the head, and is said to help the *Tooth-ache*.

Pine Tree. *Pinus*.

THis Forreign Plant I forbear to describe, he being only planted by the curious in our Country. It is called *Pinus* in Latine; and the fruit *Coni*.

Nature and Vertues.] The *Bark* is drying and astringent, the *Kernels* do moderately heat and concoct: the leaves are cooling, and belong to *Venus Garden*. The leaves boiled in *Vinegar*, is a good gargle for the *Tooth-ache*. The *Kernels*

nels nourish much, they stir up bodily lust and increase sperms being taken in an Electuary with powder of Perids and some sweet wine. They are good to help shortness of breath, wheefings and hoarseness, Ulcers of the Lungs, an old Cough, and to expectorate tough phlegm. They lenifie the uritory passages, ripen inward Imposthumes, and hearten and make fat lean Bodies, and help Palsie and Numness. The scales of the Apple and bark of the Tree stop the Bloody Flux.

Plantain. Plantago.

Plantago is its Latine Appellation, and by the name of Plantain it is well known every where in England: it flourisheth in June, and the seed ripens shortly after.

Nature and Vertues.] Plantain is cold and dry in the second degree; the roots and seeds are of subtle parts: It is by some ascribed to Mars, by Culpepper to Venus; yet I think the Sun hath most right to it: It helpeth Wounds and Inflammations in the Tongue, Mouth, and Throat, and also Cankers, and eating Sores, if it be mixed with Vinegar, Honey, and Allom, and the mouth often gargled therewith: The juyce or herb stays bleeding at nose, and bleeding of wounds; the clarified juyce or water dropped into the eyes, cooleth their heat, takes away the pin and web, and dropt into the ears it easeth their pains, and helps deafness; and mixed with juyce of Houseleek, it is good against Inflammations, and burning or scalding; the temples and forehead being anointed with the juyce and oyl of Roses, it easeth pains of the head, which are caused by heat, and helps lunatick persons, and the bitings of mad dogs and serpents: The clarified juyce drunk by it self, or in other liquor, heals a Vein broken inwardly, and stays bleeding at the mouth, and spitting of blood, and heals Ulcers in the Reins and Bladder, and in the Lungs, and hot Coughs, whereby it is profitable against Consumptions; it stops the Terms and other Fluxes, and helps torments and frettings.

in the guts; the decoction or powder of the root or seed is more binding than the herb, and is said to help Agues; a Cake made of the seed in powder with wheaten flower, and the yolk of an egg, and baked, stays vomiting: The herb, but more especially the seeds, is good against the Falling-sickness, the Dropfie, yellow Jaundies, and stopping of the Liver and Reins; the powder of the leaves taken in drink kills worms; the green leaves will soon skin the seat when the skin is off with riding, or any other place, being apply'd: A salve made thereof with Oyl, Wax, and Turpentine, cureth deep wounds; the juyce or herb bruised with vinegar helpeth surbated feet: a decoction of the leaves kills worms in old foul Ulcers; the juyce with oyl of Rases is good to be apply'd to hot Gouts, to cool the heat, and repress the humours, and is good to be apply'd where a bone is out of joynt, to hinder inflammations; swellings, and pains thereof: one part of Plantain-water, and two parts of the brine wherein Beef hath been powdered, boiled together and clarified, heals spreading Scabs and Itch; Tetters and Ring-worms, the Shingles, and all running and fretting sores.

Plum-Tree. *Prunus*.

THERE are several kinds, yet they need no description *Names.*] They are called *Prunus* and *Prunum* in Latine: and Damsons are called *Pruna Damascena*, or Damask Prunes, from *Damascus* where they naturally grow. They commonly blossom in April, and yield their fruit in Summer, some early, and some later.

Nature and Vertues.] They are cold and moist in the second degree, the sharp & sowre bind the belly, the sweet moisten the stomach, & move the belly: Mr. Culpepper saith Venus shall eat them all, but I think it reason that Jupiter should have some of them; the Plums which are of a firm substance are the best for those that are very moist do fill the body with corrupt Blood & waterish humours: being preserved they are
the

the wholesomest, and most grateful to the stomach either of the sick or healthful: The dryed Prunes sold at the Grocers, being stew'd & eaten do procure appetite, a little open the belly allay choller, and cool the stomach, especially if a little Sena and Rhubarb be stewed amongst them, for then they become more purging, and evacuate chollerick humours, do help weak stomachs, and are good in Feavers and other hot diseases: the Gum that issues out of the trees being drunk in wine is good against the Stone, the said gum or the leaves being boiled in vinegar and applyed, kills Tetters, Ring-worms, and the Leprosie: A decoction of the leaves in wine is good to gargle and wash the mouth and throat, and to dry up the flux of Rheum that falleth down to the Pallat, Gums, or Almonds of the Throat.

Poley-Mountain. Polium montanum.

THIS Plant grows naturally in England, but may be had at the Apothecaries Shop, to which I refer you: It is called in *Latine Polium*, but more usually with the Epithet *montanum*.

Nature and Vertues.] *Poley* is dry in the third degree, and hot in the end of the second, of a loathsome bitter taste: It is useful to open obstructions especially of the Liver and Spleen: and the decoction thereof drunk helps swelling of the Spleen, the Jaundies, and Dropsie, being boiled in Vinegar and water. It resists poison, and is used in Antidotes for that purpose; the fumigation thereof drives away Vermin, it moves the belly and the tearms, and being applyed green, it soders up the lips of wounds; and being dry, it healeth foul sores or ulcers.

Polipody of the Oak. Polipodium.

Descri-
ption. **P**olipody of the Oak is a small herb, consisting of nothing but roots and leaves, bearing

bearing neither flower or seed; from the root groweth up three or four leaves singly by themselves, wing'd and about a handfull high, having many small narrow leaves on each side the stalk, large below, and growing smaller and smaller towards the top, cut into the middle rib, but not dented on the edges (as male Fern is) of a sad green colour, smooth on the upper side, but rough on the under side, by reason of some yellowish spots thereon. The root is smaller than ones little finger, but long and creeping asloap, and hath a sweetish harshness in the taste.

Names.] It is called in Latine *Polipodium*, in English Polipody of the Oak.

Place and Time.] That which grows upon Oaks is the best, yet Polipody is also found upon old stumps of other Trees, as Beech, Hazle, and Willow, and sometimes in the Woods under them, upon old walls, and slated Churches, and in many other places: It is always green, and may be gathered at any time; yet it shoots forth fresh leaves in the Spring.

Nature and Vertues.] It is hot and dry in the second degree, and that which grows upon the Oak partakes of the nature of the Oak, and is an herb of Jupiter, whatever others say. The herb taken in decoction, broth, or infusion, purgeth burnt choller, tough and thick phlegm, and dryeth up thin humours, and is good for melancholly and Quartain Agues; for which it may also be taken in Whey, Barley water, or honied water, or the broth of a Chicken with Epithymum, or Beets and Mallows added thereto. The distilled water of the roots & leaves taken with Sugarcandy, is good against wheefings, Coughs, and distillations of thin Rheume upon the Lungs, which cause Ptisick and Consumptions. It is good to soften the Spleen, and ease stiches in the sides, and the Chollick. A dram or two of the powder of the dryed roots taken in honied water, worketh gently for the purposes aforesaid: the
distil-

distilled water is likewise commended for Quartain Agues, and against melancholly Dreams; it cures the disease in the Nose called Polipus, and helpeth clefts or chops that come between the fingers or toes, being applyed thereunto. The fresh roots beaten small, or the powder of the dried root mixed with honey, and applyed to a member that hath been out of joynt, and is newly set again, doth much strengthen it; some put Fennel seeds, Anniseeds, or Ginger to it to correct it, which it needs not, being a gentle medicine of it self, and an Ounce of it may be taken at a time in a decoction, if there be not Sena or some other stronger purger with it: I have found it very effectual in decoctions with other Pectoral Herbs, for opening and cleansing the Liver and Lungs.

Pome-Citron Tree. *Malus Citria.*

THis Outlandish Tree is called in Latine *Malus Persica*, and *Malus Assyria*, and also *Malus Citria*, *Pomum Citrium*; and in English Citron.

Place and Time.] They grow in Spain and other hot-Countreys, and flower and bear fruit all the year.

Nature and Vertues.] Avicenna saith the Seed is hot in the first degree, and dry in the second; the Bark hot in the first, and dry in the end of the second; the inner white substance hot and moist in the first degree, and the Juyce cold & dry in the third degree: It is a Solar Plant, and a sovereign Cordial for the Heart, an Antidote against Poison and Infections, the outer rind being dried and taken; it also warms and comforts a cold Stomach, expells and disperses Wind and indigested humours therein, and in the Bowels, and helps digestion and melancholly; it helps a stinking breath, being chewed in the mouth. The outward rindes preserved are a good Cordial, and very effectual against melancholly & infection. There is an Electuary made thereof which purgeth cold phlegmatick humours; the Syrup of the Rindes

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strength

strengtheneth the stomach and heart, and helps faintings thereof, and resists poison, and strengthens nature, and is good for such as are in Consumptions or **Hedick Feavers** : The Syrup of the juyce is effectual for most of the same purposes ; the seeds preserve the heart from infection of the Plague, Pox, and venomous Bitings ; they kill Worms, provoke the Terms, and cause Abortion : They dry up and consume moist humours in the Body, or outwardly in moist Sores or Ulcers : The sowre juyce is good in Pestilential Feavers, suppressing the violence of Choller and hot distempers in the Blood, corrects the Liver, quenches thirst, stirs up an appetite, resists venome and infection, and refreshes fainting spirits.

The Pomegranate-Tree. *Malus Granata.*

THIS Plant groweth also in hot Countryes, as in Spain and Italy, but chiefly in *Granado* ; yet it is useful in Medicine with us, therefore I shall not omit its Vertues. It is called in Latine *Malum Granatum*, or *Punicum*, and *Granatum* : the Flower *Balaustum*, the Rind *Sidium*, but more generally *Cortex Granatorum*.

Nature and Vertues.] Those that are sweet are helping to the stomach, and are somewhat hot ; but the sowre ones and seeds of each are cold and astringent, it is an Herb of Venus. The flowers and shells in powder help to stay blood in Wounds, and the Kernels dryed in the sun, stop fluxes of the Belly and Matrix, and helps spitting of blood being drunk in raw water ; and so do the flowers, and rindes : The Juyce and the Kernels, or the Syrup, is good to quench thirst in burning Fevers, and hot diseases ; a Gargarisme or Lotion made of the Rindes is good to bring down the hot swellings of the Almonds in the Throat ; the juyce of the Kernels sodden with Honey is good for sores of the Yard, Mouth, and Fundament, and for looseness of the skin about the nails, and swellings and knots

knots in any part of the body : a decoction of the seeds is good to strengthen and fasten the Teeth.

Poplar, Vide Aspen Tree.

Poppy. Papaver.

Descri- tion. **T**Here be divers kindes of Poppies, as white Garden Poppy, black Garden Poppy, red wild Poppy, or Corn-rose ; the two first grow only in Gardens where they are sown ; the other is so well known in almost every Corn field, that it needs no description.

Names.] *Papaver* is the general Latine Name for Poppy, yet to the wild red Poppy is added the Adjectives *erraticum*, *rubrum*, or *sylvestre* ; and it is generally known by the English Names of Redweed, Corn-rose, and Cheeseboulds.

There is another kind called *Papaver spumeum*, Spatling Poppy, being usually found with a froth like spittle upon the stalks and leaves more then upon any other Plant : It hath many weak tender stalks full of joynts, about a foot or half a yard long, usually lying on the ground, whereon grow many palewhitish green leaves, two alwayes set together at the joynts one against another, having many times upon the leaves, but more often upon the stalks at the joynts, a white frothy substance, like that which is called Cuckow-spittle, or Wood-seer: at the tops of the stalks upon many slender foot stalks stand divers white flowers composed of five small leaves a piece, with a deep notch in the middle of every one of them, standing in a thin loose striped husk, wherein afterwards is contained black seed. The Root is white, and spreadeth in the ground, continuing many years, but the roots of all the other Poppies dye every Winter.

Place and Time.] The two first (as I told you) grow only

only in Gardens where they are sown ; the red weed almost in every Corn Field ; the spotting Poppey grows also in Corn Fields, sometimes in Pastures, and by highway sides : they begin flowring in May, and continue till the end of July. The seed is ripe presently after.

Nature and Vertues.] *The Moon claims particular dominion over these Herbs, and assigneth them these Vertues : A Syrup made of the Garden Poppey heads with the seeds, procures rest and sleep in sick persons, and stayeth Catarrhs, and defluxions of thin Rheumes from the Head upon the Stomach and Lungs, which cause a continual Cough, the fore-runner of a Consumption : The seed of black Poppey drunk in Wine, stops the Flux of the Belly, and the overflowing of the Tearms. A pultis made of the green knops, with Barley Meal and Barrows Grease, helps St. Antonies fire ; and the green knops being stamped with Vinegar, womans Milk, and Saffron, mightily easeth the Gout, and cureth another kind of St. Antonies fire called Erysipelas ; and put into the Fundament as a Glister it causeth sleep. The condensate juyce is called Meconium, and is many times used in Narcotick Medicines instead of the true opium which is brought from Thebes, but it is weaker ; it is an ingredient in Treacle and Mithridate, and other Medicines made to procure rest and sleep, and to ease pains of the Head, and other parts, and is used to cool Inflammations, Agues, and Phrenzies ; but it must be carefully used inwardly, for too great a quantity causeth the Lethargy, and sometimes death ; it giveth much ease in the Gout, being outwardly applyed, and easeth the pain of hollow Teeth, being put therein. The Syrup made of the Redweed Flowers, or wild Poppey, is good against Surfeits, cools the Blood, and may be safely given in Fevers, Phrensies, and hot Agues, and other Inflammations. The distilled water of the said flowers is good to drink morning & evening against Surfeits, and is effectual in the Plurisie, and all other griefs of the*

the Breast and Head. The dried flowers boiled in water, or the powder of them drunk in the distilled water, or in some other drink, worketh the same effect. The Syrup of Meconium or Diacodium, which is made of the heads of white and black Poppeys, may safely be given to those which are troubled with hot and sharp Rheumes. According to Gallen, the seeds of spatling Poppey purgeth Phlegm, and Dioscorides saith it causeth Vomiting; but being taken in Mead or Honeyed Water, it is good for them that are troubled with the Falling Sicknes.

Purslain. Portulaca.

IT is a well known Garden Sallet Herb, and needs no description.

Names.] It is called *Portulaca* in Latine.

Place and Time.] It may be sown in March or April, and flourisheth from June till Michaelmas.

Nature and Vertues.] Purslain is cold in the third degree, and moist in the second, & is also a Lunar Herb: it is a good Sallet eaten with Oyl and Vinegar, to provoke Appetite, and cool a hot Stomach; it fastneth the Teeth, asswageth the swelling of the Gums, and cooleth the Mouth, and easeth the pains of the Teeth; it is good in hot Agues, and to cool the Liver, Blood, and Reins, so that it stops Chollerick Fluxes of the Belly, Womens Courses, and the Gonorrhoea, distillations from the Head, and easeth pains proceeding from Heat, want of sleep, or the Rheumy: The seed cools the heat and sharpness of Urine, abates the heat of Lust, and Venerious Dreams, and the overmuch use thereof extinguisheth the natural seed: the seed bruised and boiled in Wine and given to Children, killeth Worms. The juyce is singular good for all the said purposes, and for Inflammations or Ulcers in the secret parts, and helpeth excoriations in the Bowels, and the Hemorrhoides. The said juyce used with Oyl of Roses is good

for Blastings by Lightning, burning with Gun-powder, to allay the heat of sore Breasts, or of any other Sores. It is likewise effectual to stay Vomitings, and taken with Sugar or Honey, it quencherh immoderate thirst, helps an old and dry Cough, shortness of Breath, and the Ptisick; and the thickned juyce made into Pills with Gum Traganth and Arabick, helps such as make bloody water. The bruised herb being applyed to the Forehead and Temples, allayeth excessive heat therein, and applyed to the Eyes, it helps redness and Inflammations in them, and Puskes, and Wheals, and St. Anthonies fire in other parts, especially having a little Vinegar put to it; and being mixed with the like quantities of Galls and Linseed, it helpeth the Crick in the Neck, and taketh away pain therein, being applyed thereunto.

Potatoes. Battata.

THE came originally to us from the Indies, and those which we call Jerusalem Artichokes from Canada. The Spanish Potatoes are called Battata, Amotes, Camotes, Pappus, and many other names. The Jerusalem Artichoke *Heliotropium Indicum tuberosum*. &c.

Nature and Vertues.] The leaves are hot and dry, the roots of a temperate quality, under the influence of Venus. Potatoes do much nourish and strengthen the Body, and increase and stir up bodily lust, being eaten which way soever they are dressed. They are used in Pyes, and are excellent good Preserved and Candied, or roasted under the Embers, and eaten with Sack and Sugar. The Virginia Potatoes are not so pleasant as the other, but the Jerusalem Artichokes which you may have plentiful enough if you will let them once take root in your Gardens, being boiled tender and then stewed with Butter and Wine, or how you please, taste much like the bottom of an Artichoke, and are no less nourishing then they.

¶ See further of this in Culpeppers School of Physick.

Prim.

Primrose. *Primulæ Veris.*

THese are very well known to be the Ladies of the Spring, being the first that flower; wherefore they are called in Latine *Primulæ Veris*. They are somewhat dry and astringent of temperature. The leaves are good to apply to Inflammations, and to heal burnings and scaldings; and an Oyntment made thereof is excellent to heal green Wounds; they are very near in nature unto Cowslips, to whose particular Vertues I refer you.

Privet.

THis is seldom used in Physick, therefore I shall only read to you its Uses, because they that have it near them may use it when they cannot get other helps. It is usually planted in Hedges in Gardens to make walks and knots, and groweth wild in many Woods and Parks of this Land: It flowers in June and July, and beareth ripe berries in September.

Nature and Vertues.] Privet is a Lunar Herb, of temperature cold and dry; the decoction of it is a good Lotion to wash sores and sore mouths, to cool inflammations, and dry up Fluxes: The distilled water of the flowers is good for the same purposes, and to stay womens Courses and Fluxes of the belly, bleeding at mouth, and distillations of Rheums in the Eyes, being used with Tutia: An Oyl made by infusion of the Flowers is good for inflamed Wounds and the Head-ache, proceeding of an hot cause, as saith Mathiolus.

Queen of the Meadows, or Meadsweet.

Regina Prati.

Descri-
ption. **M**Eadsweet springeth up with divers broad winged leaves, deeply dented about the edges, set on each side of a middle rib, and are some-

what rough, hard, and crumpled like Elm-leaves, having lesser leaves with them like Agrimony, of a sad colour on the upper side, and grayish underneath, of a pleasant scent and taste like unto Burnet ; the stalks are reddish, and grow two or three foot high, having on them such leaves, as those below, but somewhat lesser ; at the tops whereof, and of the branches, stand many tufts of small white flowers thick together, smelling sweeter then the leaves, after which come crooked and cornered seed : The Root is somewhat woody, blackish on the outside, but reddish within, and is nourished by fibres, so that it continues many years, and hath also a good smell.

Names. It is called in Latine *Ulmaria*, (because of the likeness between its leaves and Elm-leaves) and also *Regina prati*.

Place and Time. It grows frequently in moist Meadows, by watery ditches and rivers sides ; it flowers in some place or other all the Summer Quarter.

Nature and Vertues. Meadsweet is cold and dry, with an astringent quality, and ascribed to Venus : Two or three of the leaves put into a cup of Claret, giveth it a fine relish, and also maketh the heart merry and chearful : The decoction thereof in wine helpeth the Chollick, and taken warm with a little honey it opens the belly, but being boiled in red wine & drunk, it stays Looseness : The decoction thereof is good to heal sores in the mouth or secret parts. The distill'd water helps Inflammations of the Eyes, and clears the Sight : The smell of the flowers make the heart chearful, and therefore are excellent to adorn houses ; the root helps horses of the Bots and Worms, and so it would do in men if they drink the decoction thereof ; and therefore the Germans call it Wormkrant, the worm-plant : The root likewise made into powder, or boiled and drunk, powerfully stays Women Courses, the Whites, the Bloody Flux, Lask, and all other Fluxes of Blood : and is

good

good against vomiting; and it is said that if it be boiled in wine and drunk, it first altereth, and afterwards taketh away the fits of Agues.

Quince-Tree. *Malus Cydonia.*

I Suppose the Tree, but especially the fruit to be so well known, they need no description.

Names] It is called in Latine *Malus Cydonia*, and *Catonæa*: The Spaniards call it *Membrillio* and *Marmella*, from whence comes the word Marmalade.

Place and Time.] They delight to grow near ponds and waters sides, and are plentiful in this Land: It flowers in April and May, and the Fruit is ripe about Michaelmas.

Nature and Vertues.] They are cold in the first, and dry in the second degree, they are earthy and binding; the fruit is not durable, and is harsh and unpleasant to eat raw, but being scalded, roasted, baked, or preserved, they become very pleasant. They are Saturnine.

The Syrup of the juyce of Quinces strengthens the heart and stomach, relieves nature, stays looseness and vomiting; for looseness take a spoonful of it before meat, for vomiting after meat: It corrects Choller and Phlegm, and helps Digestion: to make Quinces purging, put honey to them instead of sugar; and if you would have them more laxative then to purge Choller, add Rhubarb; for Phlegm, Turbith, and for watery humours, Scammony: If you would have them bind forceably, use the unripe Quinces with Roses, Acacia, or Hypocistis, and some Rhubarb torrefied. The juyce of raw Quinces is accounted an Antidote against deadly poison: & it hath been found certain, that the smell of a Quince hath taken away the strength of white Hellebore; curiously to bind and cool hot fluxes, the Oyl of Quinces or other medicines made thereof are available to anoint the belly or other parts therewith: It also strengthens the stomach, belly, and sinews, and

restrains immoderate sweatings : The muscilage of the seeds boiled in water is good to allay the heat, and heal the sore breasts of women ; and with sugar it is good to lenifie the hoarseness and harshness of the Throat, and roughness of the tongue : The Marmalade is both toothsome and wholesom ; and a decoction of the down that grows upon the Quinces is good to restore lost hair, and being made up with Wax and applyed as a plaister, it bringeth hair to them that are bald, and keepeth it from falling, if it be ready to shed.

Radish. Rhabbanus.

THE Garden Radish needs no description, it is call'd in Latine Rhabbanus.

Nature and Vertues.] Radishes are rather a sauce then a nourishment, they are hot in the third degree, and dry in the second, and do open and make thin, and is governed by Mars. The roots do provoke urine, and so doth the distilled water ; the root stamp't with honey, and the powder of a sheeps heart, causeth hair to grow : The seed causeth vomiting, and provoketh urine, and being drunk with Oximel or honied water, it drives forth worms: the root boiled in broth is good against an old Cough, it moveth womens Courses, and increases milk, and is good for the Dropsie, the Chollick, gripings in the belly, and griefs of the Liver : It is good for them that are sick with eating Toadstools or other poison ; they are much used as sauce with meat to procure appetite, but they breed ill blood, and cause belchings in the Stomach.

Horse-Radish. Raphanus Rusticanus.

Descrip- tion. **H**ORSE-Radish riseth with long leaves somewhat broad, and much cut on the edges as if it were torn, of a dark green colour, with a great rib in the middle, and after these have been up awhile, which are greater, rougher, broader and longer, and not

not divided as the first, but a little roundly dented about the edges; it doth seldom bear flowers, but when it doth, there riseth up a great stalk, three or four foot high, with a few lesser leaves thereon, spreading at the top into many small branches of whitish flowers, consisting of four leaves apiece; after which come small pods, like those of Shepherds-purse, but seldom any seed in them: the root is long, white, and thick, of a biting taste like Pepper.

Names.] *Raphanus major* some call it, also *Raphanus Rusticanus*, and *Vulgaris*; in English Mountain Radish, and Horse Radish.

Place and Time.] It is usually planted in Gardens, yet may be naturally found growing in divers moist and shady places of this Land: the way of propagating it is by the root, for it seldom bears flower or seed; but when it doth it flowers in July, or August, and the seed is ripe in September.

Nature and Vertues.] *Horse Radish* is also under the dominion of Mars, and is hot and dry in the third degree, of a drying, cleansing, and digesting quality: the juyce taken in drink is held to be effectual for the Scurvy; the root being eaten for a sauce with Fish, and other meats, as Mustard is, beateth the Stomach, and causeth good digestion. The root bruised, helpeth the Sciatica, Gout, Joynt-ach, or hard swelling of the Liver and Spleen, being apply'd to the griev'd place. The leaves boiled in Wine, and made in manner of a pultis with a little oyl Olive, doth also mollifie and take away hard swellings of the Liver and Spleen; and being apply'd to the bottom of the belly, helpeth the Strangury, and so do the roots sliced thin & eaten with Vinegar as a sauce, and are also a remedy for the Chollick. The juyce of the green root, or the powder of the dry root given in Wine, or other convenient liquor, killeth and expelleth worms in Children; and so doth

an ointment made thereof, the Childs Belly being anointed therewith. The root being boiled in honey and vinegar into an Electuary; is a good remedy in strong bodies for the Cough, Ptisick and other diseases of the Lungs, and provokes womens Courses. If any think it too strong for their bodies, the distilled water may be taken in Sugar for all the aforesaid purposes.

Ragwort. *Jacobæa Senecio.*

Descri^{tion}. **T**Here is the greater and the lesser; the greater common Ragwort hath many long and large green leaves lying on the ground, of a dark green colour, rent and torn in the sides into many pieces; from amongst which riseth up sometimes one, and sometimes two or three square crested blackish or brownish stalks two or three foot high, sometimes branched, bearing divers such leaves upon them to the top, where it shooteth forth into many branches, bearing yellow flowers consisting of many leaves, set as a pale or border, which do abide a great while, but when they are ripe are turned into down, and with the blackish grey small seed is carryed away with the wind: the root consists of many fibres, some greater, and some lesser, whereby it is fastned firmly into the ground, and abideth many years.

Names. **J**Label calleth it *Jacobæa Senecio*, others *Herba Sancti Jacobi*, and *Jacobæa*; in English Ragwort, Ragweed, and St. James-wort.

Place and Time. **T**hey may be plentifully found in Pastures, and uncultivated grounds: they flower in June and July, and the seed is ripe in August.

Nature and Vertues. **R**agwort is hot and dry in the second degree, and of a bitter, dissolving, and cleansing quality, and if Mars love bitter herbs, let him take this too: The

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decoction thereof cleanseth and healeth Ulcers, and Sores in the Mouth and Throat, they being washed therewith, and also swellings, hardness, and Impasthumations, the Quinzy and Kings Evil, and stays Catarrhs and desfluxions of thin Rheums upon the Eyes, Nose, or Lungs: the iuyce healeth green Wounds, and cleanseth and healeth old Ulcers in the privities or other parts, and inward Wounds or Ulcers, and stays the spreading of running Gankers and hollow Fistula's; it helps also aches and pains in the fleshy parts, Nerves, or Sinews, and the Sciatica, three parts being bathed with the decoction of the herb, or anointed with an oyntment made of the herb bruised and boiled in Hogs grease, and after it is strained some Mastick and Olibanum added to it in powder: It is also by some called Staggerwort, being found effectual to cure the Staggers in Horses.

Rest-harrow, Vide Camock.

Red Rattle Grass, or Lousewort.

Pedicularis.

**Descri-
ption.** IT hath small brownish red jagged leaves and tender stalks, whereof some lye along upon the ground; in moorish Meadows they grow about half a yard high, but in barren grounds exceed not an handful: the flowers resemble those of the dead Nettle, and grow round the stalk from the middle to the top; after which come little flat pouches, having in them a flat and blackish seed: the root is small white and tender.

Names. Its called in Greek *ῥαβδον*, in Latine *Pedicularis*, because it fills Cattle that feed where it grows full of Lice; its also called *Pistularia*, and *Christi galla*, and in English Rattle Grass, and Lousewort.

Place and Time. It grows in moist Meadows, to which

it is an annoyance, and also on wet Heaths: flowers in May and June.

Nature and Vertues.] Red Rattle grass is of temperature cold, dry, and astringent; and is accounted good for Fistula's and hollow Ulcers; and being boiled in red wine and drunk to stay the Terms, or any other Flux of Blood.

There is also another kind of Rattle Grass that bears yellow Flowers at the top of its stems, after which come flat pouches cover'd over with little bladders, open before like the mouth of a Fish; in the pouches are contained flat yellowish seed, which when they are dry will rattle when they are shook; from whence it took the name of yellow Rattle: its call'd also Christa galli, Cocks-comb, and Penny-grass. It is a great annoyner of dry Meadows and Pastures, which is all the properties are yet known of it.

Rocket. Eruca.

Descri- tion. **T**HERE are many kinds hereof mentioned by Authors, but I shall mention only two, viz. the Garden Rocket and the wild Rocket; the Garden Rocket is generally known, the wild Rocket hath long narrow and much divided leaves, slenderly cut or jagged on both sides of the middle rib, of a sad over-worn green colour; amongst which rise up divers stiff stalks, about a foot high, having the like leaves, but smaller, branched from the middle into many lesser stalks, bearing sundry yellow flowers on them, consisting of four leaves apiece, as the others are, which afterwards yield small reddish seeds in little long pods, of a bitter and hot taste, and so are the leaves: the root is small and woody.

Names.] It is called *Eruca* in Latine.

Place and Time.] The first is an Inhabitant in Gardens, this which I have describ'd is found in many places of this Land.

Land. They flower about June and July, and the seed is ripe in August.

Nature and Vertues.] It is an herb of Mars, hot and dry in the third degree, and is seldom eaten alone; but all sorts of Rocket quicken nature, and provoke Lust: the wild kind is more strong then the Garden kind; it helps digestion, and provokes Urine much: the seed excites to Venery as much or more than the herb, and is good against the bitings of the Shrew Mouse, and other venomous Beasts; it puts away the ill scent of the Arm-pits, increaseth milk in Nurses, and wasteth the Spleen; being mixt with Honey and applyed it cleanseth the skin from the Morpew and other spots; with Vinegar it it takes away Freckles, and redness in the face; it amendeth Scars, black and blew spots, and marks of the small Pox, being used with an Oxe Gall. The herb boiled or stewed and some sugar put to it, helps the Cough in Children, being taken often: the leaves may be eaten with Lettice, and Purslain, and such cooling herbs to correct the heat of it, for eaten alone, their overmuch heat causeth the Head-ach.

Roses. Rosa.

There is by Gerrard mentioned fourteen kinds of Roses; but it were useles to repeat them all here: I shall only treat of the red Rose, the white, the damask Rose, and the Bryar, Canker, and the wild Rose: these are so very well known they need no further description but only of their vertues.

Nature and Vertues.] Roses have different qualities as well as colours, the Damask purge, the white and red cool and bind; the white are held to bind most, yet they are scarce us'd in Physick; the red Rose (according to Galen) hath also a watry substance & a warm quality, astringent and bitter: The yellow threds in the middle do bind and dry more then the Rose it self: The buds do cool and bind more then the full blown

blow flowers; according to Mesue the Rose is cold in the first degree, and dry in the second, and consisteth of divers substances, as watry, earthly, airy, aromatical, and hot, which causeth the bitterness and colour; the fresh juyce purgeth Choller and watry humours, but being dried the heat is consum'd, and then they are astringent: Of the roses are made many simple and compound Medicines, whereof it is too large here to treat of. A decoction of the red Roses in wine, is a good Lotion for pains in the lower Bowels, Fundament, and Matrix, the parts being bathed, or put into them: It is also good for the Head-ach and pains in the Eyes, Ears, Throat, and Gums: The same decoction with the Roses easeth Inflammations of the Heart, being applyed to the Region thereof; and also helps St. Antonies fire and Inflammations of the stomach: The dry'd Roses taken in powder in some steeled Wine or Water, stays Womens Courses, and so do the yellow threads being powdered and drunk in the distilled water of Quinces, and likewise stays defluxions of Rheum upon the Gums and Teeth, fastens the loose Teeth, and preserves them from corruption, if they be gargled therewith, and some Vinegar of Squills. The red Roses do strengthen the heart, liver, and stomach, and the retentive faculty, and mitigate hot pains and inflammations: The Conserve is binding and cordial, and is profitable to stay Lasks and Fluxes of the belly, and is good for the Running of the Reins, being mixed with powder of Mastick; it likewise strengthens the stomach, and helps digestion, and resists vomiting, and helps faintings and tremblings of the heart, being mixed with Aromaticum Rosarum: Sugar of Roses is also a very good Cordial to strengthen the heart, and stay defluxions: The Syrup of dried red Roses cools the overheated Liver and Blood, comforts the heart, and resists putrefaction, and stays Fluxes. There are Cordial Powders likewise made of them, as Diarhodon Abbatis, and Aromaticum Rosarum, which help digestion, & strengthen the heart
and

and stomach: The heads with seed in powder or in decoction, stayeth the Lask and spitting of blood: Red rose-water is cooling and cordial, refreshing weak and faint spirits, and is for that purpose used either in meats or broths, to wash the Temples and smell to, or to receive the sweet vapour thereof out of a perfuming-pot, or hot fireshovel; it is good against redness and inflammations of the Eyes, and to bath the Temples against the Head-ache, for which purpose vinegar of Roses is also good; and to procure rest and sleep, take a piece of red rose cake cut fit for the head, moisten it in Rose-water and Vinegar of Roses, and heat it between a double-folded cloath on a Chafing-dish of coals, with some beaten Nutmeg and Poppy-seed strowed on that side which must lye next the Forehead and Temples, and bind it on for all night. Of the Damask Roses are made Syrrups both simple and compound; the simple solutive Syrrup is a safe easie medicine, gently purging Choller, being taken from one ounce to four. The Syrrup with Agarick worketh on Phlegm as well as Choller, and one ounce thereof worketh more strongly then three of the simple. The compound Syrrup with Hellebore worketh forceably upon melanchollick humours, and is available against the French Disease, Tetters, Itch, &c. Honey of Roses solutive is also opening and purging, & is often given in Glisters, and so is the Syrrup made with sugar: The Conserve of Damask Roses do likewise gently open the belly: The distilled water is much used for fumes, and to sweeten things, and the dried leaves for Sweet-bags: Honey of red Roses is good to wash sores in the mouth, throat, or elsewhere: The fruit of the wild Bryer, (which some call Heps, (tho' in Hampshire we call them Canker-berries) being made into a Conserve, when they are full ripe, do bind the belly, and stayeth defluxions from the head upon the stomach, drying up the moisture thereof, and helping digestion, and are of a pleasant taste. The pulp of them dried to a hard consistence, and made into

powder, and taken in drink, stayeth the Whites ; the powder of the Briar-ball easeth the Chollick, provokes Urine, kills Worms, and is good to break the Stone; being taken in drink.

Ros Solis ; or, Sun-dew.

Descri-ption. IT hath many hollow, round, small leaves, greenish, but full of red hairs, which makes them seem red, every one standing upon a hairy reddish foot-stalk, the leaves keep a dew upon them in the hottest day, having a certain slimeness, the small hairs always holding this moisture ; amongst the leaves rise up small slender stalks reddish also, bearing divers small white knobs one above another, which are the flowers, after which in the heads come certain small seeds : The Root consisteth of a few small hairs.

Names. It is called in Latine *Ros solis*, in English Sundew, Lustwort, Moor-grass, and of some Redrot, because some think it rots sheep that feed thereon ; but of this be sure, if sheep feed much on the places where it grows, they will quickly run to rot.

Place and Time. It grows upon Bogs and moist wet places, and in moist boggy Woods, as in lower *Danemore* in *Holshot*, and in a boggy piece of ground where my Father dwells adjoining to the same wood call'd the *Grove*, which will scarce bear any thing else but this Plant : It flourisheth from *May* till *August*, and ought to be gathered in the heat of the day, for then it is fullest of dew.

Nature and Vertues. Authors differ in opinion concerning this Herb ; some hold it to be Caustick, and much biting, and hot and dry in the fourth degree ; others, that it is sharp and a little drying and binding. *Dodonæus* held it to be extreame biting, and that the distilled Water is not safe to be taken inwardly. But the truth is, it is an Herb of the Sun,
and

and the distilled Water is good against the Consumption of the Lungs, and is effectual against salt Rheums distilling on the Lungs, which cause a Consumption; it also comforts the heart and fainting spirits, and is available against wheesings, Pty-sick, Cough, and Shortness of breath, and heals Ulcers in the Lungs: The leaves outwardly applyed will raise Blisters, the Cordial Water made hereof, called Rosa solis, is good against heart-qualms, and to strengthen the body.

Root of Peru. Radix Peruviana.

THIS Cordial Root is known best in our shops by the name of Contra Yerva, which title the Spaniards in the Indies gave it, being as much as to say, an Antidote against Poison; because the powder thereof taken in wine is a present remedy against poison, causing it to be cast up by vomit, or expelled by sweat: It also killeth worms in the belly; and being taken in the morning in powder in a glass of wine, it strengthneth the heart and vital spirits: A modern Physician writeth, that if it be beaten to powder and infused in wine two hours before the Fit of an Ague, and then drunk at the coming of the Fit, and the Patient covered to sweat upon it, it cures an Ague at twice or thrice; the Dose may be from half a dram to two drams, according to the age, strength, and constitution of the Patient.

Rosemery. Rosmarinus.

I Shall not need to describe this excellent Herb, being so well known in every good Housewives Garden: It usually flowers in April and May.

Names.] It is called Rosmarinus and Rosmarium in Latine; the Flowers are called Ανθος, and the Composition made thereof Dianthos.

Nature and Vertues.] It is accounted an Herb particularly under the Influence of Sol in Aries; it is hot and dry

in the second degree, having an astringent quality, and consists of divers parts; but partakes most of the earthly substance.

Rosemary hath a warming and comforting heat, helping all cold diseases of the Head, Stomach, Liver, and belly : The Herb, but especially the Flowers, are good for all cold and moist infirmities of the Head and Brain, they dry the brain, and quicken the senses and memory, and strengthens the sinewy part : It is also good against all Fluxes. The flowers and leaves are profitable against the Whites to be taken daily ; the Conserve of the Flowers is good to comfort the heart, and expell the poison of the Pestilence ; and the branches of Rosemary is good to burn in infectious times, the dry'd leaves taken like Tobacco, dries up thin distillations, and therefore is good against any Cough, Ptytick, or Consumption : Rosemary doth also cleanse and comfort the Stomach, and makes a sweet Breath being thus used : Take an handful of Rosemary with the Flowers or without, boil it a good while in white wine, adding thereto a little Cinamon, then drink it, and wash your mouth therewith, it maketh the skin very clear being used without Cinamon. It helps cold Rheums falling into the eyes, giddiness or swimming of the head, the Lethargy and falling-sickness, the dumb Palsie, or loss of Speech, if it be drunk, and the Temples bathed therewith. It helps such as are liver-grown, opening the Obstructions, and warmeth and strengtheneth the same ; it expells Wind powerfully in the Stomach, Bowels, and Spleen, and helps the Hypochondriack passion : The Chymical Oyl of the leaves and Flowers is effectual for all the Diseases aforesaid, being carefully applyed, it is very quick and piercing and therefore the Dose must be very little at once for inward griefs : It helps the Head and Brain, if the Temples and Nostrils be touched with a drop or two ; it likewise helps any cold joynt, sinew, or member, if it be anointed with two or three drops thereof.

True

True Rhabarb, Bastard and Moncks
Rubarb. Rhabarbarum.

THe true Rubarb groweth in *China*, and the Eastern Countreys ; therefore I shall not describe it, the root being to be had in most Druggists Shops, yet I confess it may be seen growing in some curious Gardens with us, but not in such plenty as Mr. Culpepper seems to talk of through the multiplying glass of his carping fancy.

Names.] It is called *Rha*, from the River *Rha* in *China* where it groweth, and in our Shops *Rhabarbarum* ; the place I have told you: the roots are to be taken up about *Octo.* when the leaves and stalks are fully withered.

Nature and Vertues.] Rubarb is hot and dry in the second degree, of mixt parts, airy, thin, and purging, and partly gross, earthly, drying, and burning : the Bastard and Moncks Rubarb are also dry, but cooling. Rubarb is certainly a herb of Jupiter ; it is called the friend, the life, heart, and treacle of the Liver, being so effectual for the same ; it purgeth it of Choller, Phlegm, and watry humors, and helps the hardness and coldness thereof, and is useful in chollerick and long continued Fevers, in the Jaundies, Green Sickness, Dropsie, and stoppings of the Liver, the powder steeped in White Wine all night, and drunk fasting, or being taken amongst other purges ; being taken in powder with Cassia, and a little Venice Turpentine wash'd, it cleanseth the reins, and strengtheneth them, and is effectual to stay a Gonorrhea, or running of the Reins ; it is also good against pains, windiness, wambling, and weakness of the stomach, Cramp, gnawing, and gripings of the Kidneys, Belly, and Bladder, pains of the Breasts, Mother, and Sciatica ; it helps spitting of blood, the Hicket, bloody Flux, Lasks, and all venomous stings and bitings, one dram thereof taken in Hydromel, or honied water ; it ea-

seth the Gout, healeth those that are troubled with Melancholly, and is good against pains and Swellings of the Head: It is most properly infused in Whey or White Wine, which liquors make it work more effectually in opening obstructions & purging the Liver and Stomach. The oyl wherein Rubarb hath been boiled is good to anoint any bruised place, to dissolve the clotted Blood; and Rubarb taken in powder with Mummy & Madder-roots in red Wine, healeth Burstings & broken parts as well inward as outward, & dissolveth clotted Blood in the Body, occasioned by any fall or bruise. Rubarb steeped in white Wine, or any other convenient liquor, and strayned, is good to heal Ulcers in the Eyes and Eye-lids, and to assuage swellings and inflamations; and being applyed with Honey or boiled in Wine, it takes away all black and blue spots that happen therein. The seed of Bastard Rubarb helpeth gripings, knawings, and loathings of the Stomach. The roots help ruggedness of the nails, and being boiled in Wine it helps the Kings Evil, and swellings of the Kernels of the Ears; it also provokes Urine, helps such as are troubled with the Stone, and dimness of sight; it is effectually used with other things in opening and purging dyet drinks to open the Liver, and cleanse and cool the blood. The root of Monks Rubarb also purgeth, but more weakly then either of the other; but the root thereof bindeth the Belly, and stayeth Lasks and the bloody Flux; and so doth the root of the true Rubarb, if it be toasted and taken in Plantainwater, red Wine, or in conserve of Roses, or Marmalade of Quintes, as I have often found to my great comfort: the distilled water hereof is effectual to heal Scabs, and foul Sores and to allay the inflamations of them; for which purpose also the juyce of the leaves or roots, or the decoction thereof in Vinegar is an effectual remedy: some use Indian Spikenard with Rubarb to correct it; yet it doth not much need any corrigent.

¶ See further in *The Art of Simpling*: by W. Coles.

Meadow

Meadow Rue. Ruta Aquatica.

Descri- tion. **T**HIS Herb springeth up (from a yellow stringy root, spreading much in the ground, and shooting forth new sprouts round about) with many green stalks about two foot high, crested all the length of them, set with joynts here and there, and many large leaves on them, divided into smaller leaves, nicked or dented in the fore-part of them, of a sad green colour on the upper side, & pale green underneath; toward the top of the stalk there shooteth forth many short branches, whereon stand three or four small round heads or buttons, which open and appear like a tuft, of pale greenish yellow threds; after which there come small three cornered Cods, wherein is contained small long round seed: the whole plant hath a strong unpleasant scent.

Names.] *Ruta Aquatica*, or *Ruta Palustris* may be the Latine names thereof.

Place and Time.] It grows by Ditches side, and in the borders of moist Meadows in many places of this Land.

Nature and Vertues.] *The Meadow Rue* is doubtless under the influence of Mars, and is something of his temperature, hot and dry. Camerarius reports that it is used in Italy and in Saxony, against the Plague. And Dioscorides saith, that the bruised herb being applyed healeth old Sores; and the distilled water of the herb and flowers doth the same: some use it amongst other Pot-herbs to make the body solluble. The roots washed clean, and boiled in Ale and drunk, provoke to Stool gently; and being boiled in water, and the body bathed therewith warm, it destroyeth Lice.

¶ See more of this in *The Expert Doctors Dispensatory*: by P. Morellus.

Garden Rue, or Herb-Grace. Ruta.

THis herb is familiarly known; the Latine name is *Ruta*; in English Rue, Herb Grace, and Serving-mens joy : it is planted in Gardens, and propagated by slips, seldom flowring with us, and therefore scarce ever bears any good seed.

Nature and Vertues.] *Rue* is hot and dry in the latter end of the third degree, and of thin subtile parts, a Solar Herb; it preserves Chastity being eaten, it quickneth the Sight, stirs up the Spirits, and sharpeneth the Wit; it provokes Urine and Womens Courses, being taken either in meat or drink; it is an excellent antidote against poisons and infections; the very smell thereof is a preservative against the Plague in the time of infection. The seed thereof taken in Wine is a special Antidote against dangerous Medicines, or deadly Poisons. A decoction made thereof with some Dill-leaves and flowers, easeth pain and torments being drunk inwardly, and apply'd outwardly to the grieved place. The same decoction being drunk helps pains of the Chests and Sides, Coughs, difficulty of breathing, and inflammations of the Lungs, and easeth the Sciatica, and pains of the Joynts, being applyed thereto, or the parts anointed with an oyntment made hereof; it helps also the shakings of Agues, a draught of the decoction being drunk before the coming of the fit: an oyl made of Rue by infusion or decoction, helps the wind Chelick, hardness, windiness, and suffocation of the Mother, the share and parts about it being anointed therewith: A decoction thereof in wine with a little Honey added to it, killeth and driveth forth Worms out of the Body. Mithridates used a Counter-poison to preserve himself against infection, made thus; take twenty leaves of Rue, two Figs, two Walnuts, twenty Juniper berries, and a little Salt; which being beaten together into a Mass was his dose appointed for every morning. There is another Electuary made

made of it, which is a remedy for pains or griefs of the *Chest* and *Stomach*, *Spleen*, *Belly* and *Sides*, *Wind*, *Stitches*, and *Obstructions* of the *Liver*, *Reins*, and *Bladder*, by stopping of *Urine*, and extenuates the grossness of fat corpulent *Bodies*, and is thus made : Take of *Niter*, *Pepper*, and *Commin seed*, each equal parts, leaves of *Rue* clean picked, as much in weight as all the other, beat them well together, and add as much *honey* as will make thereof an *Electuary* ; but first correct the *Commin seed* by steeping it twenty four hours in *Vinegar*, and then dry it in a hot *Fireshovel*, or in an *Oven*. The leaves of *Rue* boiled and kept in pickle are a good sauce to meat, to warm a cold *Stomach*, and quicken the sight. A decoction of *Rue* easeth the *Gout*, being bathed therewith, and being bruised and put into the *Nostrils*, it stays bleeding at *Nose*. A decoction of *Rue* and *Bay leaves* helps swellings of the *Cods* ; it takes away *Wheals* and *Pimples*, being bruised with *Myrtle leaves* and made up with wax and applied, being boiled in wine with some *Pepper* & *Nitre*, and the places rubbed therewith it taketh away *Warts*, and cureth the *Morpheux* ; and with *Allom* and *Honey* it helps the dry *Scab*, or any *Tetter*, or *Ring-worm*. The juyce thereof warmed in a *Pomegranate shell*, helpeth pains of the *Ears*, being dropped therein. An *Oyntment* made of the juyce of *Rue*, with *Oyl* of *Rose*, *Cerufs*, and *Vinegar*, cures *St. Antonies fire*, *foul running Sores* in the *Head*, and *Ulcers* in the *Nose*, and other parts, they being anointed therewith. The distilled water is very effectual for many of the said purposes.

Rupture-wort. Herniaria.

**Descri-
ption.** **T**His plant shooteth up with many threddy branches, spread round upon the ground, about a span long, divided into many other smaller parts, full of small joynts, set thick together, whereat come forth 2 small leaves of a fresh green colour, as the branches

ches are, whereat grow forth abundance of small yellowish flowers, but scarce discernable from the stalks and leaves, which turn into leaves as small as dust; the root is small and long, growing deep into the ground: the taste hereof is not perceivable at first, but after a little while there may be perceived a somewhat astringent taste, a little bitter and sharp withal, but without any manifest heat.

Names.] This plant hath acquired several names, according to the various opinions of Authors, as *Polygonum minus* by *Mathiolus*, and *Castor durantes*, *Herba Turca* by *Lobel*; but the most usual and known Latine name is *Herniaria*, from *Hernia* a Rupture; and in English Rupture-wort.

Place and Time.] It delights to grow in barren, sandy and rocky grounds, as upon the dry chalky and sandy grounds in *Kent*, and elsewhere, and flowers and flourishes in the four Summer Months, which are spelled *sine littera R*.

Nature and Vertues.] Rupture-wort is very drying, binding, closing, and fasting; Saturnine.

Its name speaks its Vertues, that is, to cure the disease called the Rupture or Burstness, which is the falling down of the Guts into the Cods. A dram of the herb in powder taken in wine for many days together, or the decoction of the herb in wine, or the juyce or distilled water drunk in the same manner, marvellously helps that Disease; and being so taken it stays Fluxes, Vomiting, and the Gonorrhœa; it helps the Strangury, stopping of Urine, Stone, or Gravel in the Reins or Bladder, stitches in the side, griping pains in the stomach or Belly, and obstructions of the Liver, and cures the yellow Jaundies, and killeth worms in Children; it conglutinates wounds being outwardly applyed, & helpeth to stay destructions of Rheum from the head to the eyes, nose, and teeth, the

tem.

temples and nape of the neck being bathed with the decoction of the dried herb, or the green herb being bruised and bound thereto; it dries up the moisture of foul spreading and fistulous Ulcers, and is good to be bruised and applyed to the place of a Rupture, having a Truss bound thereunto.

Rice. Oriza.

THis is an East-Indian grain, and groweth up there much like the stalk of Whear; but in regard it groweth not with us, I shall describe it no further, but proceed to declare its vertues, we having it plentifully brought hither by industrious Merchants.

Names.] The Greeks call it ὄρυζα, and the Latines following them call it *Oryza*.

Nature and Vertues.] Rice is binding and drying, temperate, and not exceeding in heat or cold; the pottage made thereof with milk, and spiced with Sugar and Cinnamon, is pleasant and easie of digestion, and is reputed to increase seeds; it is very useful to stay all Lasks and Fluxes, being so eaten, or beaten to powder, and mixed with yolks of Eggs, and fryed with fresh Butter, and eat morning and evening; and being so taken, it helps the bloody Flux; it is good to put in Cataplasmes to repel humours, and being boiled in running water, and the face bathed therewith, it takes away spots and pimples; it is an excellent and wholsom food, and in great estimation among the Indians, tho not in so much repute with us. Perhaps, because it is too cheap for the wanton rich, and too dear for the pining poor, &c.

Rye. Secale.

THis grain is well known in England, more for food than Physick; but the bread and leaven of it is good to ripen Imposthumes, and Boils, or other swellings. *Mathiplus* saith, that water wherein the Ashes of Rye straw

straw hath been infused four and twenty hours, heals chops of the hands and feet, being washed therewith. *Meal of Rye put between a double cloth and moistned with Vinegar, and heated in a pewter Dish over a Chafing-dish of Coals, and applyed hot to the head, easeth continual pains thereof. Rye is more digesting then Wheat, but it is windy and griping in the Bowels.*

Saffron. Crocus.

THE Chives of the Flower commonly called Saffron are generally well known, so that a description is needless.

Names.] Its Latine names are *Crocus*, and *Grocum*; it is also termed *Filius ante patrem*, because it putteth forth flowers before the leaves.

Place and Time.] It is plentifully manured in Fields in *Essex*, and *Cambridge-shire*: *Saffron-Walden* takes her name from its growing there; it begins to flower in *September*, and presently after the leaves shoot forth and abide green all the Winter, dying again in *April* when it puts forth another crop of Flowers, which must be gathered as soon as it is blown, or else it is lost; so that Jack Presbyter for covetousness of the profit can reach his Sabbatarian Conscience to gather it on Sunday; and so he can do any thing else that redounds to his profit, tho it destroy his Brother.

Nature and Vertues.] *Saffron* is hot in the second degree, and dry in the first, of a little astringent quality; it is an Herb of the Sun, a great Cordial, and comforter of the spirits; it expels venome from the Heart, strengthens the Stomach, helps concoction, preserves the Entrails, and is very useful in the Plague, Pestilence, small Pox, and such contagious diseases; the Tincture thereof is profitable in fits of the Mother; it strengthens the Memory, Head, Stomach, Spleen, Blad-

Bladder, animal, vital, and natural spirits, and helps cold diseases of the Brain and Nerves; it is profitable for the Lungs, Consumption, and shortness of Breath; it is best for old phlegmatick, and melancholly persons; it is good against Melancholly, and the Jaundies, and stoppings of the Liver and Gall, and is profitable for the Plurisie, and provokes Urine, and Venus; take ten grains of Saffron, two ounces of Walnut Kernels, Figs two ounces, Mithridate one dram, and a few Sage leaves, stamp them into a mass, with a sufficient quantity of Pimpernel water, and keep it for use; twelve grains thereof taken fasting, is an excellent Antidote against the Plague, and expelleth it from those that are infected.

Some write that two or three drams thereof taken brings death; doubtless too great a quantity cannot do otherwise: it is not safe to be given to women with Child.

Sage. Salvia.

TO avoid prolixity we proceed to its vertues: The Latine name of it is *Salvia*, and so wholsome an Herb reputed by *Schola solerni*, that they say, *Gur moritur homo, dum Salvia crescit in baro*.

Nature and Vertues.] Sage is hot and dry in the third degree, an herb of Jupiter; it restores natural heat, and comforts the vital spirits, and helps the memory, and quickens the senses; it is very healthful to be eaten in May with Butter, and also to be drunk in Ale; it is good for women that are apt to miscarry, or cannot conceive by reason of the over-much moisture, or slipperiness of their wombs: Sage, Rosemary, Honey-suckles, and Plantain boiled in water, or wine, and some Honey and Allom added thereto, is a good gargle for Gankers, or sores in the Mouth or Throat, and for sores in the priety parts of Man or Woman, and is good to be boiled with other comfortable and hot herbs to bathe the cold Sinews, & to warm the Joynts, and help Palsies and Cramps, and

and to ſtrengthen and comfort the parts; it is good againſt the Stitch, and pains of the ſide, coming of wind, the place being fomented with the decoction thereof in wine, and the boiled Sage afterwards applyed hot thereunto; and the decoction thereof, according to Dioſcorides, provokes Urine, and womens courſes: The juyce of Sage taken in warm water helps a hoarſneſs, and the Cough. Rue is good to be planted amongſt Sage, to prevent the poiſon which may be in it by Toads frequenting amongſt it, to relieve themſelves of their poiſon, as is ſuppoſed; but Rue being amongſt it, they will not come near it.

Wood Sage. *Salvia ſylveſtris.*

Deſcrip- tion. **W**ood Sage ſpringeth up with ſquare hoary ſtalks, ſometimes two foot high, having two leaves at every joynt, much like other Sage, but ſmaller, ſofter, whiter, and rounder, and a little dented about the edges, ſmelling ſomewhat ſtronger; the flowers ſtand on a ſlender long ſpike on the tops of the ſtalks and branches, turning all one way when they blow, and are of a pale whitish colour, ſmaller than Sage, but hooded, and gaping like unto them: the ſeed is blackiſh and round, four uſually in an huſk together: the root is long, ſtringy, and fibrous, and abideth many years.

Names.] It is called in Latine *Salvia ſylveſtris*.

Place and Time.] It grew in Woods, and by Hedge ſides, and High ways, and flowers about July.

Nature and Vertues.] Wood Sage is bot and dry in the ſecond degree, and attributed to Venus; the decoction thereof provokes the Terms and Urine, and provokes Sweat, digeſts humours, and diſſolves ſwellings and nodes in the ſhins; is therefore thought to be good againſt the French Pox. The decoction of the green herb in Wine is good for thoſe that have

any

any Vein inwardly broken by a fall, bruise, or beating, to disperse the congealed blood, and consolidate the Vein; and it is also good for such as are bursten, the drink taken inwardly and the herb applyed outwardly: and in the same manner used it is also good for the Palsie. The iuyce thereof or the herb in powder is good to dry moist Ulcers, and sores in the Legs, or other parts, thereby causing them to heal the more speedily, and is also effectual in green Wounds.

Burnet Saxifrage. *Pimpinella Saxifraga.*

Descri- **I**T hath great long roots like a Parsnip, of a biting hot taste like ginger: the stalk is hollow, and riseth up about three foot high with joynts and knees, beset with large leaves, much like those of Smallage, or the Garden Parsnip: The plant consisteth of many leaves growing upon one stem, cut about the edges like a Saw: the flowers grow in white round tufts at the top of the stalks. The seed is like Parsley seed, but hotter, and biting upon the Tongue.

There is a lesser kind, little differing from the greater, but that the stalks and veins of the leaves of the lesser are of a purplish colour, and the root hotter.

Names. It is called *Pimpinella major*, *Saxifraga major*, and the lesser kind *Saxifraga minor*; in English great and small Saxifrage, and Burnet Saxifrage.

Place and Time. They grow plentifully in dry Pastures & Meadows, and flower from June to the end of August.

Nature and Vertues. The leaves, seeds, and roots of both kinds are hot and dry in the third degree, and of thin and subtil parts: the iuyce of the leaves cleanseth the face of Spots and freckles, and causeth a good colour. The distilled water thereof mingled with some vinegar in the distillation, clears the sight, and helps the dimness thereof. The seed and root in powder drunk in wine, or the decoction thereof made in

Wine

Wine provokes Urine, breaks the Stone, and is good against the Strangury, and stopping in the Kidneys and Bladder.

The Service Tree. Sorbus.

THis grows to be a great Tree, delighting in Woods and Groves, and are also planed in Orchards ; there doth grow of them in the Woods of Mr. *Hinde* at *Hedfor*, and in Woods and by High way sides I have found them in *Surrey* and *Kent*: the Tree and fruit are both so well known, that a further description is needless.

Names.] The Greeks call this Tree *σύν εἰς*, the Latines *Sorbus* ; and in English *Service*, and *Sorb-Tree*.

Place and Time.] They flower in *March*, and the fruit is ripe in *September*, or the beginning of *October*.

Nature and Vertues.] The *Service* berries are of temperature cold and binding, & more being hard then when they are rotten ; yet then people usually eat them, but they yield no nourishment but what is gross and cold ; therefore they are better for medicine than meat, & being gathered while they be hard, and out and dried in the Sun, they may be kept all the year to stay bleeding of Wounds, Mouth, or Nose, Fluxes, and Vomiting, the decoction drunk, or outwardly applyed.

Solomons Seal. Sagillum Solomonis.

Descri. **C**ommon *Solomons Seal* groweth with a *perion*. Cround stalk about half a yard high, with the top bending down, set with single leaves one above another, somewhat large, like the leaves of *May Lilly*, of a bluish green colour, with some ribs therein, and a little yellowish underneath: at the foot of every leaf almost from the bottom it hath small, long, and white pendulous flowers, like those of *May Lilly*, but ending in five longer points, for the most part two together, at the end of a small

small foot stalk standing all on one side the stalk under the leaves, after which come round berries, green at first, but afterwards, of blackish green, tending to blue, wherein is contained small white, hard, stony seed : The root is white and thick, full of knobs, or joynts in some places, resembling the mark of a Seal ; the taste thereof is sweet at first, but afterwards somewhat bitter and sharp.

Names.] Its common Latine name *Sigillum Solomoni* ; and in English Solomons Seal, and sometimes white Wort, or white Root, Jacobs Ladder, and *Scala Cali* in Latine.

Place and Time.] It grows in divers places of this Land, as about *Odiham* in *Hampshire*, in a Wood within two miles of *Canterbury*, by *Fish-pool Hill*, and between *Newington* and *Sittingbourn* in *Kent*, and divers other places : it flowers about *May*, and the seed is ripe in *September*.

Nature and Vertues.] The roots of *Solomons Seal* are hot, and dry, and astringent, a *Saturnine Plant* ; the roots have great vertue in sealing or closing up the rim of the Belly when it is bursten, the decoction thereof taken in Wine, or the powder in broth or drink, and being outwardly applyed to the place ; it is likewise good for other hurts, wounds, or outward sores, to heal and close up green wounds, and to dry up and restrain the flux of humors into old sores : it also stays bleedings, vomitings, fluxes, the running of the reins in men, and the whites and reds in women ; it mightily conglutinates, and soderes broken bones in man or beast, the bruised root applyed to the place, and the decoction thereof or infusion in wine being strained out hard and drunk ; it is likewise effectual for inward and outward bruises, falls, and blows, to disperse the congealed blood, and take away the pains, and black and blue marks that abide after the hurt : and the distilled water of the whole herb cleanseth the skin from *Morphew*, *Freckles*, and *Spots*, making it fair and smooth.

Sampire. *Feniculum marinum.*

Descri-ption. **R**ock Sampire springeth up with a tender green stalk, about half a yard high, or two foot at the most, branching forth almost from the bottom, set with many thick, almost round, and somewhat long leaves, of a deep green colour, three together, and sometimes more on a stalk, full of sap, and of a pleasant hot or spicy taste : at the tops of the stalks and branches stand Umbels of white flowers, after which come large seed, somewhat like Fennel seed, but bigger : The root is great, white, and long, of a pleasant smell and taste, and abideth many years.

Names.] The Greek call it *Κριθιδν*, the Latines *Feniculum Marinum*, and in Shops *Creta marina* ; in English Sampire, and Sea Fennel.

Place and Time.] The Cliffs in the Isle of *Wight* abound with it, where it is incredibly dangerous to gather ; yet many adventure it, though they buy their sauce with the price of their lives : It groweth also about the Rocky Cliffs upon the Sea coast in most parts of *England*. It flourisheth in *May* and *June*, and is fittest to be gathered in the beginnig of *August*. It flowers and seeds in *August*.

Nature and Vertues.] Sampire is of a cleansing faculty, and is hot and dry about the second degree, an herb attributed to the influence of *Jupiter*. Pickled Sampire is an excellent sauce for digestion of meats ; it breaks the Stone, and expells ; Gavel out of the Reins and Bladder, and provokes Urine, and womens Courses. The decoction of the leaves, seeds, and roots in wine being drunk, helps ill digestion, and opens obstructions of the Liver and Spleen, and of the Entrails, which are the causes of most diseases : it is grateful both to the taste and stomach, and helps to whet a dull appetite, by the saltness and
spici-

spiciness that is in it. The way to preserve it in pickle, is to boil it in water till it be tender, and then pickle it up in a Barrel with a liquor made of Vinegar, Water, and Salt.

Saunders. Santalum.

Kindes and Names. **T**HERE are 3 sorts of this plant brought unto us, viz. *Santalum Rubrum*, Red Saunders; *Santalum Album*, or white Saunders; and *Santalum Citrinum*, or *Flavum*, yellow Saunders: they are all brought unto us from the East Indies, where they naturally grow about the River Ganges, and in the Isle of Timor, and provinces adjacent:

Nature and Vertues.] Of all these three kinds of Saunders the yellow is the best; the next is the white, the red is least in use; they are Solar Plants, yet by temperature cold and dry in the second degree: the red is more cooling and binding; they open and cool the Liver, and ease pains of the Head, and are good to strengthen and revive the Spirits, for which purpose they are used in Jellies, Sauces, and Broths, &c. they are likewise good in hot burning diseases, as Fevers, and such like. The red Saunders applyed to Maids, or Womens great Breasts, mixed with the juyce of Purslain, abateth their greatnes, and represseth their growing too big; it is likewise effectual to stanch Blood at the Nose, or other places being taken in red Wine, and is used to stay defluxions of thin Rheume from the head, and to cool and temper the heat in hot Agues, hot Gouts, and Inflammations: In cordial medicines the white and yellow Saunders are most effectual, by reason of their sweetness; they help faintings of the Heart, & weak Stomachs, caused by heat, they divert Melancholly, and procure Mirth, they stay the spermaticall flux in man or woman: The powder taken in a rear Egge, or mixed with other things for that purpose, or being infused in red Wine all night in Balneo, or hot Embers, and the Wine strained and

drunk morning and evening, for all inflammations it is very effectual, being mixed with the juyce of Houfleeke, Nightshade or Rurſtain; outwardly they are good in Fomentations and Epithems againſt the intemperate heat of the Liver; and being applyed with Roſe water to the Temples, they eaſe pains of the head, and ſtay the flowing of humours into the Eyes.

Sanicle. Sanicula.

Deſcri. **S**anicle ſpringeth up with many leaves of a middle ſize, deeply cut or divided into five or ſix parts, and ſome of them cut alſo ſometimes, ſtanding upon browniſh foot ſtalks about a handful high, ſomewhat like the leaves of Crow-foot, or the broadest ſort of Anemonies finely dented about the edges, ſmooth and of a dark green ſhining colour, and ſometimes reddiſh about the brims; amongſt which riſe up ſmall, round green ſtalks, without any joynt or leaf, but at the top, where it brancheth into flowers, having a leaf divided into three or four parts at that joynt with the flowers, which are ſmall and white, growing out of ſmall, round, greeniſh, yellow heads, ſtanding on a tuft together, which afterwards contains ſmall round burry ſeeds, ſticking unto any thing like the ſeeds of Cleavers. The root conſiſts of many black ſtrings, ſet together at a little long head, which abideth with the green leaves all the winter.

Names.] It is called in Latine *Sanicula*, from its efficacy in healing Wounds, and by *Lobel*, *Diapenſia*; in Engliſh *Sanicle*; There is a ſort called *Pinguicula Eboraceniſis*, Butter-wort, and Butter-root, becauſe of the oilyneſs of the leaf.

Place and Time.] It grows in woody ſhadowy places, and under hedges in many places of this Land: it flowers in *July*, and the ſeed is ripe ſoon after.

Nature and Verrues.] *Sanicle is hot and dry in the ſecond degree;*

degree, bitter in taste, and somewhat astringent: Culpepper ascribes it to Venus, but I judge Mercury hath the greater influence upon it; but the Sun most of all: It is an excellent herb for any infirmity of the Lungs, and is a singular good wound herb, speedily healing all green Wounds, and also Ulcers, Impostumes, and bleeding inwardly, and it dissipateth and represseth Tumors in any part of the Body, if the decoction or juyce be taken, or the powder in drink, and apply the juyce outwardly. The decoction of the leaves and root, with a little honey added to it, heals putrid and malignant Ulcers in the Mouth, Throat, and Privities, by gargling and washing them therewith; it helps to stay womens Courses, and and all other Fluxes of blood and Lasky of the Belly, Ulcerations of the Kidneys, pains in the Bowels, and the running of the Reins, being boiled in wine, or water, and drunk; it is effectual to heal Burstings or Ruptures either inwardly or outwardly, as well as any of the Confoundes, or other vulnerary herb whatsoever: Of it also may be made an ointment good for obstructions of the Liver, and a syrrop or conserve for the Lungs.

Sauce alone, or Jack by the Hedge.

Descri- **T**His herb as well as Wood-Sage is by some
ption. reckoned amongst the kindes of *Scordium*; but I shall describe it, being different therefrom; it groweth up with round broad leaves pointed at the ends, and dented about the edges, somewhat like Nettle leaves, but of a fresher green colour, and not rough nor prickling, and are set singly one at a joynt, the lower leaves being rounder then those that grow towards the top, at the top of the stalks grow very small white flowers one above another, after which follow small, long, round pods, wherein is contained small, round, and somewhat blackish seed; the root is stringy & fibrous, perishing

ing when it hath given seed, and riseth again of its own sowing. This Plant being bruised, smelleth strong like Garlick, but more pleasant, and tasteth hot and sharp almost like Rocket.

Names.] It is called in English Poor mans Treacle, and English Treacle, and so is Scordium.

Place and Time.] It grows in many places by Pathways, and under Walls and hedges, and flowers in the Summer Moneths.

Nature and Vertues.] *Jack by the hedge warmeth the stomach, and causeth digestion, and therefore is a good sauce to salt Fish, to digest the crudities, and corrupt humors it ingenders: the juyce thereof boiled with honey, is good for the Cough, and to cut and expectorate tough Phlegm. The decoction of the seed in wine being drunk, is good to help the wind Chollick, and the Stone, and for fits of the Mother, to drink the decoction, and apply the seeds warm in a cloath. The green leaves are accounted good to heal Ulcers in the Legs, and the leaves and seed boiled is good to be used in Glsters to ease pains of the Stone.*

Sarsa-parilla. Smilax-aspera.

IT is called *Smilax-aspera* also in Latine; and in English Prickly Binde-weed: it grows in the West-Indies, as Peru, and Virginia.

Nature and Vertues.] It is of thin parts, and provokes sweat, and of temperature hot and dry, near the second degree, Mars his herb surely, whereby he cures himself when Venus bath clapt him: The decoction being excellent for the French Pox, and likewise is good in Rheums, Gouts, and cold Diseases of the Head, and Stomach, and expelleth wind from the Stomach and Mother; it helpeth aches in the Sinews and Joynts, running sores in the Legs, cold swellings, tetters, ring-worms, spots, and foulness in the skin, and helpeth Catharrs, &c.

Sal.

salt distillations from the head, is good in Tumors, and the Kings Evil: and a dram of the powder being taken in Ale or Wine, with the like quantity of Tamarisk, is good for Tumors of the Spleen. Sarsa doth purge the body of humors by its driness, and diaphoretical quality, and is a good antidote against poisons; but is not proper to be given to such as have Agues, or hot Livers.

Sassafras, or Ague-Tree.

Place and Time. **T**His plant was first discovered by the French about Florida, where it groweth; as also in most parts of the West Indies, and is green all the year.

Nature and Vertues.] The wood is hot and dry in the second degree, and the rinde hot and dry in the third: it purgeth watry and phlegmatick humors, and therefore is good in the Dropsie: the decoction thereof being drunk morning and evening for certain dayes together, which decoction is thus made; take of Sassafras four ounces, steep it four and twenty hours in a Gallon and a half of fair water, then boil it to the consumption of half, and strain it: this decoction doth open obstructions of the Liver and Spleen, and is good in cold diseases, and Rheumes which fall from the head upon the teeth, eyes, & Lungs, & is available in Coughs, and old diseases of the Lungs, Breast, and Stomach, and procures a good appetite, and consumes windiness, and makes a sweet breath; it is likewise commended to provoke Urine, and Womens Courses, and to expell Gravel & the Stone out of the Kidneys: it dries up overmuch moisture of the Womb, and causeth women to Conceive; it is good in Fevers, and tertian and quotidian Agues, and also for the French Disease, and other diseases coming of corrupt humors, to be used in dyet drinks: it may be given in powder from a scruple to two scruples.

¶ See further of this in Culpeppers School of Physick.

Satyrion, or Orchis. Testiculus Canis.

Descri-ption. SATYRION riseth up with many large, long, smooth, green leaves lying on the ground, somewhat spotted like Dragons, amongst which riseth up a round stalk with some such leaves on it, but lesser; towards the top grows a large head of many purple flowers, and some are white, spotted with a deeper purple colour, each flower having a heel of the same colour behind it: They have all a double Root, whereof some kindes are flat and broad like unto hands, the other round like unto stones: These roots alter every year by course, when one waxeth full, the other perisheth and groweth lank; the full one will sink, and the other swim, if put into water.

Names.] As there are many kindes of this Plant, so it hath many names: It is called Satyrion, and Orchis, *Testiculus Canis*, *Testiculus Capri*, Priests Ballocks, Fools stones, Dogs stones, Cullians, Fox stones, Standard-grass, and many other names, &c.

Place and Time.] They grow in Pastures, Meadows, and moist grounds, as in *Danmore Copsie*, and *Danmore Mead at Holsot in Hampshire*, and in *Cobham Park in Kent* it groweth so abundantly, that it may serve to pleasure Seamens wives in *Rocheſter*, for there they may be sure to find it in great plenty from the beginning of *April* to the latter end of *August*.

Nature and Vertues.] They are hot and moist, (the full roots I mean) the lank ones are hot and dry, Venus claims all she can get of them: The full roots do powerfully provoke to *Venery*, but the lank ones are said to mortifie Lust; being boiled in milk, and eaten with white Pepper, they nourish such as are in *Consumptions*, or have an *Hectick Feaver*: The flowers are likewise effectual to increase and stir

up nature : The roots boiled in wine and drunk, stop the Flux ; and being applyed green, they consume Tumours, and cleanse rotten Sores and Ulcers, and the powder thereof stays the fretting and festring of devouring Ulcers, being put therein : The same Root being bruised and applyed, is good against Inflammations and Swellings : and being boiled in wine with a little honey, it helps Ulcers and Sores in the Mouth.

Savory, and the sorts. Thymbra.

**Descri-
ption.** I Shall not need to say more in the description, but only that the common kinds are two, Winter and Summer Savory, which are both common in Gardens.

Names.] The Greeks call it *Συμμερι* and *Συμμερα*, and it is also called *Thymbra* in Latine, and by some *Satureia*.

Nature and Vertues.] Savory is hot and dry in the third degree, and openeth and maketh thin, being subject to the influence of Mercury : It provokes Womens Courses, and expels Wind, being boiled in wine or water, and drunk ; and it is commended for women with child to take it inwardly and smell often to it : It helps rising of the Mother, provokes Urine, and expels wind : it takes away loathing of the Stomach, and procures a good appetite, it cuts tough Phlegm in the Chest and Lungs, and is good to season stewed meats or broths : The juyce being snuffed up into the nostrils, quickens the dull spirits in the Lethargy, and being dropped into the Eyes, it clears the sight which is dulled by thin humours distilling from the brain. The juyce heated with a little Oyl of Roses, helps deafness and noise in the Ears, being dropped into them. It helpeth to ease the Sciatica, and members that have the Palsie, being apply'd pultiswise with Wheat-Flower : It is good against the stinging of Wasps and Bees, and being laid in Chambers it killeth Fleas.

Savin

Savin. Savina.

IT's nurs'd up in Gardens, & abides green all the year, being so well known it needs no further description.

Names.] It is called in Latine *Sabina* and *Savina*.

Nature and Vertues.] The leaves of *Savin* are hot and dry in the third degree, and of subtile parts, under the Influence of Mars.

The decoction of *Savin* is powerful to provoke womens Courses, and it also expels the Birth and After-birth, and causeth Abortion: It expelleth blood by Urine, and is good for the Kings Evil; the powder thereof mixt with honey cleanseth filthy Ulcers and Fistula's, but is unapt to heal them; and being mixed with Cream, and Childrens heads anointed therewith which have scabs or running sores, it cleanseth and healeth them, and also St. Anthonies fire: A dram of *Savine* in powder mixed with three ounces of Nitre, and two of honey, helps such as are short-winded, as saith Mathiolus: It kills worms in Children, being applyed to the Navel, or the belly anointed with the oyl thereof: The powder of the leaves mixed with honey takes away spots and freckles in the face or body, and helps blisters of the Yard, (gotten by a Lady of pleasure) they being first bathed with the decoction of the leaves, and is good to heal Scabs and Itch, Tetters, and Ringworms, and to break Carbunkles and Plague-sores, being spread upon a piece of leather, and applyed to the place: The distilled water cleanseth the skin, and helpeth such as have the Worms.

Saxifrage. Saxifragia.

Descri- tion. **T**Here be accounted nine kinds of this Plant which grow in England, I shall describe three of them as the most useful, viz. English Saxifrage, or Mead Parsley, White Saxifrage, and Burnet Saxifrage. English

English or Meadow Saxifrage (called Mead Parsley) groweth with many green winged leaves like Fennel but thicker and broader, amongst which rise up divers crested stalks of a Cubit high, having thereupon divers smaller stalks of winged leaves also finely cut, but harsh to the feeling, bearing at the top Umbels of white Flowers tending a little to yellow, after which come seed much like Fennel-seed, but browner, and of a small taste: The root is thick, black without and white white within, and of a good savour.

White Saxifrage hath many round, faint, yellowish green leaves, but grayish underneath, spread upon the ground, unevenly dented about the edges, and somewhat hairy, every one upon a little foot-stalk, from whence riseth up a round, brownish, hairy green stalk, about a foot high, with a few leaves like the former, but smaller, branched at the top, whereon stand pretty large white flowers of five leaves apiece, with some yellow threds in the middle, standing in a long crested brownish, green husk, after which ariseth sometimes a round hard head, biforked at the top, wherein is contained blackish small seed: the root is composed of black strings or fibres, whereunto are fastned many reddish grains about the bigness of Pepper-corns, which are called by the Apothecaries white Saxifrage seed.

Burnet Saxifrage springeth up with divers stalks, of winged leaves set one against another, each being somewhat broad, and a little dented about the edges, of a sad green colour; at the tops of the stalks come Umbels of white flowers, and after them small blackish seed: The Root is long and whitish.

Names.] *Saxifraga*, and *Saxifragia* are the Latine Names.

Place and Time.] The first groweth commonly in Meadows

dows and Pastures, and flowers from May till the end of August: The second grows in Fields and corners of Meadows, and in grassie, sandy places; and the third grows in moist Meadows, and flowers about July, and the seed is ripe in August.

Nature and Vertues.] *They are all hot and dry in the third degree, and said to be herbs of the Moon, but I can find no reason for it; the decoction of the seeds or roots of Mead-Parsley made in white-wine, helps the Strangury, provokes the Courses, and expels the secondine or dead Child, and breaks the Stone in the Bladder and Kidneys; half a dram or a dram of the root in powder taken with sugar, warmeth & comforteth the stomach, and easeth griping pains of the belly, and the Chollick, and expelleth wind; and outwardly it is good in fomentations and bathes to provoke Urine, and ease pains of the belly which proceed from Wind: The decoction of the seed or root of white Saxifrage, or the powder thereof drunk in wine, is good against the Stone, Strangury, and stoppings of the Kidneys and Bladder: The distill'd water of the whole herb is good for the same purposes, and to cleanse the stomach and lungs from tough and thick plegm: The same water is given by Nurses to their Children for the frets and stopping of Urine: The Burnet Saxifrage hath the same properties as the other in expelling Urine, Wind, and helping the Chollick, and to ease pains of the Mother; to procure womens Courses, to break the Stone in the Kidneys, and to digest cold and tough phlegm in the stomach, and is good remedy against venome: The dried roots are as hot as Pepper, & may be used for it, being more wholsom, as saith Tragus: The root and seeds in powder taken with sugar, purgeth the brain, restoreth lost speech, and is good for Convulsions, Cramps, Apoplexies, and cold Fevers: The distilled water wherein Castoreum hath been boiled is good for the same, & also for the Palsie and other cold griefs: The same drunk*
with

with wine and Vinegar is good in the Plague, and preserves from infection and corrupted air, being chew'd in the mouth: The distilled water beautifieth the face, and cleanseth it from spots and freckles, and causeth a good colour, and is good for all the purposes aforesaid, being taken with sugar; the iuyce of the leaves doth the same, and being dropt into wounds in the head or any other place, it dryeth up the moisture, & heals them quickly: The seeds being made into Comfits like Carraway seeds, are good for all the aforesaid purposes.

Scabious, and the kinds. Scabiosa.

Descri- There are many kinds of this Plant mentioned by Authors, I shall only name three, viz. Common Scabious, small common Scabious, Corn Scabious: The only difference between the two first is, that the leaves of one are bigger than those of the other; and the Corn Scabious is greater than the other, the flowers more purple, and the root doth not run deep into the ground as the first doth.

The common Field Scabious riseth up with many hairy soft, whitish green leaves, some whereof are not at all jagged, or very little, others are much rent in the sides, and have films of small threds in them, which may be seen in the breaking of them; among which rise up many round hairy green stalks, two or three foot high, with such like hairy green leaves on them, but more deeply and finely divided, and branched forth a little; at the tops of the stalks stand round heads of flowers, of a pale blewish colour, many set together in a knop, the outermost being largest, with many threds in the middle, and somewhat flat at the top; and so is the head with seed: The root is great, white, and thick, and grows deep into the ground, abiding many years.

Names.] Scabiosa is the Latine Appellation hereof.

Place

Place and Time.] The first groweth in Woods, Meadows, and Pastures plentifully almost every where; the other in dry Fields, Corn-fields, and Fallow-grounds; they flower in June and July, and so continue in some till the end of August, the seed ripening in the mean time.

Nature and Vertues.] *Scabious* is hot and dry in the second degree, a Mercurial plant, and is of an opening, cleansing, and digesting quality; it is effectual for all Coughs and diseases of the breast and lungs; it ripens inward Ulcers, Impostumes, and the Plurisie, the decoction of the dry, or green herb made in wine, and drunk often: the clarified juyce taken in the morning fasting, to the quantity of four ounces, with a dram of Mithridate, or Venice Turpentine, defends the heart from infection of the Pestilence, the party sweating two hours after it in his bed; and after the first time taking it again if need require: the same is good against the stinging of venomous Beasts. Mathiolus saith, that the decoction of the roots drunk forty days together; or a dram of the powder thereof taken at a time in Whey, helps such as are troubled with spreading Scabs, Tettors, or Ringworms, though they be effects of the French Pox, and the juyce or decoction helps Scabs, or Itch, and an oyntment made of the juyce doth the same: The same juyce or decoction cleanseth and healeth inward wounds. The green herb bruised, dissolves & breaks a Carbuncle or Plague sore being apply'd thereto, in three hours space, and helps the stinging of any venomous beast, being so applyed. The decoction of the root and herbs apply'd, helps cold tumors or swellings in any part of the body, and any sinew or vein that is shrunk. The juyce made up with the powder of Borax and Camphire, cleanseth the skin of Freckles, Pimples, Morphem, and the Lepry. The Tents which are dipped in the juyce or water thereof are good to heal green wounds, and old Sores and Ulcers: and the bruised herb being applyed, doth loosen any Splinter, broken Bone, Arrow head, or such like thing lying

ing in the flesh, so that it may easily be drawn out : The decoction used either alone, or with juyce of Fennel, helps redness and spots in the Eyes ; and the same decoction cleanseth the head from Dandriff, Scurf, Scabs, and Itch, the head being washed with it warm : A Syrup made of the juyce and sugar is effectual for all the inward purposes aforesaid ; and so is the distilled water of the herb and flowers.

Scordium, or Water Germander.

**Descri-
ption.** IT shooteth forth divers weak, square, hairy branches from a small root full of white strings, spreading and running about in the ground ; the branches take root in divers places as they lie and spread whereby it much increaseth : the leaves grow two at a joynt, not so large as Garden Germander leaves, of a darkish green colour, having thereon a shew of hairiness and hoariness, somewhat soft, full of veins, and dented about the edges : The flowers are small, red, and gaping, standing at the joynts with the leaves towards the tops of the branches. It is thought not to perfect its seed, but is propagated by the branches.

Names.] *Scordium* is the Latine name.

Place and Time.] It grows in wet grounds, and by watry sides in many places of *England*, and flowers in *June*, *July*, and *Agust* : It is usually gathered to be kept dry before it flowers.

Nature and Vertues.] *Scordium* is hot and dry, of a certain harsh, sharp, and bitter taste ; it is a Solar herb, a great resister of Venome and Infection, and is the basis of that medicine called *Diascordium* ; it is of excellent use to strengthen the heart, and procure sleep in Fevers ; it provokes the Terms, hastens womens labour, helps their usual sickness in lying in, and strengthens the stomach : ten grains or a scruple at a time may safely be given to weak people, and a dram

or more to them that are stronger : The decoction of the green or dry herb in wine is good against venomous bitings, and other deadly poisons, and griping pains of the stomach or sides, that come of cold, or obstructions, and for the bloody Flux; it is good against an old Cough, and to expectorate phlegm out of the Chest and Lungs, being made into an Electuary with Gresses, Rozen, and Honey, and is good for such as are bursten or troubled with the Gramp, it is a special Counter-poison in all pestilential diseases, and Infections, and is often used with good success before the fits of Agues, to hinder the access, and drive them away : a little of the juyce thereof, or the powder in drink taken fasting, kills worms in the stomach or belly : The decoction of the dried herb with two or three Tormentil roots, is available against the bloody Flux. The juyce or a syrup made of the herb is profitable for many of the forenamed griefs. The green herb bruised and applyed, healeth any green wound ; and the dried herb used with honey, cleanseth foul Ulcers. A pultis or cerate made of the dried herb, helpeth to discuss Wens, and excrescences in the flesh ; it easeth also pains of the Gout, being applyed with vinegar or water.

Scurvy-grass. Cochlearia.

**Descri-
ption.** OF this I shall mention two kinds, common or Sea Scurvy-grass, and Dutch or Garden Scurvy-grass : The Scurvy-grass is well known ; the Dutch, or Garden Scurvy-grass hath divers fresh, green, and almost round leaves, not so thick as the common sort, a little hollowed in the middle, and round pointed, of a sad green colour, standing every one by it self upon a long foot stalk, among which rise up divers long, slender, weak stalks, about a foot high, hick beset on each side, with small white flowers on the tops of them, which turn into small pods, with little brownish seeds,

seeds : the root is white, small, and fibrous; the taste of it is somewhat bitterish.

Names.] The Latines call it *Cochlearia*, the leaf being like a spoon; in English Scurvy-grass, and Spoon-wort.

Place and Time.] The Sea Scurvy-grass groweth about the Sea Coasts, and both on the *Essex* and *Kentish* shores in the River of *Thames*, so far as the salt water cometh: the other groweth in the Marshes of *Holland* in *Lincolnshire*, as well as in the Low Countreys; and likewise prospereth in Gardens where it is sown: they flower in *April* and give their seed about the latter end of *May*.

Nature and Vertues.] Scurvy-grass is hot and dry, much in quality like the Garden Cresses; it is an herb of Jupiter: It is an excellent remedy for that Disease called the Scurvy, which often afflicts Sea-men, and many persons by land besides. I have had it this Summer, after a Winters Ague; but by drinking the juyce of this herb every morning in Ale or white Wine have (by Gods blessing) obtained a cure in a small time: it may likewise be taken in decoction, or in dyet drink, being turned up with new Ale or Beer, and some long Pepper, Grains, Anniseeds, and Liquorice added thereto, and at three days old the drink will be fit for your use; it opens obstruction, and evacuates cold, clammy, and phlegmatick humours from the Liver, seat of Blood, and the Spleen, wasting the swelling, and hardness thereof, and reduceth the body to a lively colour: the juyce helps Ulcers and Sores in the mouth, it being gargled with it, and outwardly used, it cleanseth the skin from spots and scars: The conserve worketh the same effects as the juyce or herb, and is a fine delicate medicine for weak stomachs.

Of Sebesten. Myxa.

Descri- tion. **T**His is a certain Plum, brought hither out of *Assyria*, and is called by them *Sebestens*; in

X

Latine

Latine, Myxa, and Myxaria, from the Greek word μύξα, which is their name for the Tree.

Nature and Vertues.] *Sebestens* are temperately cold and moist, of a thick clammy substance, they cleanse the throat of hoarseness, and roughness, caused by sharp humours, which descend from the head into the wind-pipe, and cause difficulty of breathing: they also cause phlegm to be avoided, and help the Cough, and Wheesings of the Lungs, and distillations upon them; they help the sharpness of Urine, proceeding from Choller, or salt Phlegm, and help such as are troubled with pains in their sides; they are good in hot Agues to cool the intemperate heat of the Stomach and Liver, and to purge Choller.

Self-heal. Prunella.

Descri- tion.] It is a low creeping herb, having many small, and somewhat round leaves, a little pointed, of a sad green colour, without any dents on the edges; the stalks are square and hairy, about half a foot high, which sometimes are divided into branches, with small leaves thereon to the top, whereon stand brown spiked heads, consisting of many scaly leaves and flowers mingled together, gaping and commonly of a blueish purple colour, but sometimes of a pale blue, of a sweet smell in some, but in a few places: the root is small and threddy, and by taking hold of the ground by the fibres which grow out from its branches it is much increased.

Names.] It is called generally in Latine *Prunella*, and of some *Solidago minor*, *Consolidia minor*, and *Consolidia minima*; in English *Self-heal*, *Hook-heal*, and *Carpenter's herb*.

Place and Time.] It grows commonly in most Fields, and flowers in May.

Nature and Vertues.] *Self-heal* is moderately hot and dry,

dry, somewhat astringent, an herb of Venus; an excellent Wound Herb either for inward or outward hurts, to be taken inwardly in Syrrup or decoction, and outwardly to be applyed in Unguent or Plaisters: of it self alone it will heal any green wound; being bruised and wrought with the point of a knife upon a trencher, like unto a Salve and applyed, and is good to heal the sore Nipples of Nurses; it is good for those that have received hurt by bruises or falls: a decoction being made thereof with Sanicle, Bugle, & such other Wound Herbs, and is effectual to inject into outward Ulcers; & the inward taking thereof will help the sharpness of humors which follow any Sore, Ulcer, Inflammation, Swelling, or the like: the juyce hereof mixed with oyl of Roses, is good to anoint the Temples, and Forehead, for the Head-ache; and the same juyce mixed with a little honey of Roses, cleanseth and healeth Ulcers, and Sores of the Mouth and Throat, and secret parts.

Sena. Colutea.

Descri- THE true Sena is said to grow in Arabia and ption. Syria, and is transported from Alexandria to us; There is a bastard Sena, which is kept in many Gardens with us, commonly called Colutea, which is its Latine name.

Nature and Vertues. The leaves of Sena (which are only used) are hot near the first degree, and dry in the third; it is of a purging faculty, and leaveth a binding quality after the purging; it openeth obstructions, and cleanseth and comforteth the Stomach, being corrected with some Anniseed, Carrawayseed, or Ginger; it purgeth Melancholly, Choller, and Phlegm from the Head and Brain, Lungs, Heart, Liver, and Spleen, cleansing those parts of evil humors, a dram thereof taken in Wine, Ale, or Broth fasting; it strengthens the sexes, and procur eth mirth: it is also good in cronical Agues, whether

Quartain, or Quotidian; it cleanseth and purifieth the blood, and causeth a fresh and lively habit of the body, and is a special ingredient in dyet drinks, and to make purging Ale, to be taken to clarifie and cleanse the blood: The bastard Sena purgeth vehemently bot upwards and downwards, offending the Stomach and Bowels.

Shepherds purse. Bursa Pastoris.

Descri- ption. **I**T hath small long leaves, of a pale green colour, deeply cut in on both sides; the stalk is small and round, parted into many branches, containing small leaves upon them up to the top; the flowers are white, and very small, after which come flat pouches which hold the seed, which are flat, in form of a heart, in each side whereof lyeth a small brownish yellow seed: the root is small, and white, and periseth every year.

Names.] The Latines call it *Bursa pastoris*, and *Pastoria Bursa*; in English *Shepherds purse*, *Poor mans Parma-city*, *Toywort*, *Pick purse*, and *Caseweed*.

Place and Time.] It grows frequently almost in every Field, and Hedges side, and upon Banks about London: they flower and seed all the Summer, and some of them twice a year.

Nature and Vertues.] *Shepherds purse* is cold, dry and binding, a Saturnine Plant; the decoction hereof stoppeth the Lask, spitting of Blood, pissing Blood, the Terms, and all other fluxes of Blood, howsoever it be taken, but especially with red Wine, or Plantain Water: the juyce helpeth mattering and running Ears, being dropped therein. A good Salve may be made hereof for Wounds, especially in the head. The bruised herb pulstifwise applyed, helpeth Inflammations, St. Anthonies fire, and cures running Sores, Fistula's, Swellings, hardness, new Wounds, Shingles, and rheumatick Sores. The juyce being drunk helpeth straitness of the Breath, the Strangury,

gury, and stoppage of Urine, and stoppeth Phlegm, and is very prevalent against venomous bitings, being drunk with Wine, and prevents the fits of Agues, being taken an hour before the fit.

Skirret. Sifarum.

They grow not naturally in England, but as they are planted in Gardens.

Names.] It is called in Latine Sifarum, Sifer, Chervillum, and Servilla; they are mistaken who take Sifer to be a Parsnip.

Nature and Vertues.] The roots of Skirrets, which are only in use, are moderately hot and moist: the roots are but of indifferent nourishment, yet they provoke Lust, being windy, and are easily concocted, whereby they yield a reasonable good juyce; they are dressed much after the manner of Potatoes, either baked or boild, and stewed with Pepper, Butter, and Salt, and so eaten: they may be eaten also cold with Vinegar and Oyl, being first boiled: the juyce of the roots drunk with Goats milk, stoppeth the Lask, and being drunk in Wine, it is said to help windiness in the Stomach, gripings in the Belly, and the Hiccough, it doth somewhat provoke Urine, and is a little effectual to consume the Stone and Gravel in the Bladder and Kidneys.

Smallage. Paludapium.

It is so well known I need not describe it.

Names.] It is called in Latine Paludapium, and Apium palustre, and in Shops only Apium; in English Smallage, and Marsh-parsley.

Place and Time.] It is found in Gardens, and sometimes in wet and moorish Grounds, whence it was first brought; it flourisheth when the Garden Parsley doth:

the stalks coming up the second year, and then the seed is ripe in *August*.

Nature and Vertues.] *Smallage* is hot and dry in the end of the second degree, of a bitter taste, and opening quality, being an herb of *Mercury*; it opens obstructions of the *Liver & Spleen*, rarifies thick phlegm, and cleanseth the Blood, being used in pottage amongst other herbs, as *Water-cresses*, &c. It drives down the Courses, and is good for the *Green Sickness*; it provokes *Urine*, and is good against the yellow *Faundies*: if a syrrop be made of the juyce, it is very useful in lasting *Agues*. The juyce with honey of *Roses*, and *Barley Water*, cures *Ulcers* of the *Mouth*, and the almonds of the *Throat*, being bathed, or gargled therewith, and cleanseth other foul *Ulcers* and *Wounds*; being mixed with honey, and used, it preserves exulcerated *Cancers* from stinking, and putrefaction, and helps to heal them: the leaves boiled in *Hogs grease* like a pultis, helps *Felons*, and whitloes on the fingers. The seeds is good to break *Wind*, kill *Worms*, and help a stinking breath. The herb and root do warm the *Stomach*, and expell *Wind*, and help digestion. The root is to be sliced and eaten with oyl and *Vinegar*. The root is stronger in operation then the herb for all the said purposes; but especially to open obstructions, and rid away an *Ague*, the juyce thereof being taken in wine; or a decoction thereof made in *Wine*.

Sorrel. Acetosa.

THis is very well known plentifully to grow both in the *Gardens* and *Fields*, and needs no further describing.

Names.] It is called in *Latine* *Acetosa*, and *Acedula*, from its sourness.

Nature and Vertues.] *Sorrel* is cooling and dry in the second degree, and cutteth tough phlegm, by reason of its sourness; it is ascribed to the dominion of *Venus*; it is a
pleasant

pleasant sauce to many meats, grateful to hot Stomachs; it provokes appetite, tempers the heat of the Liver, and opens the stopping, and prevents the wasting thereof; it cools inflammations and heat in Agues and Fevers, and faintings arising from heat; it refresheth the spirits. A Sorrel posset is excellent to quench the thirst: the leaves taken fasting preserve from infection, but much more the Conserve, which is good for all the forementioned purposes: The seeds bruised and drunk in wine or water, are good against the fretting of the Guts, and the Chollick, and stops hot Fluxes of the Tearms, and of humours in the Bloody Flux, or flux of the Stomach: the leaves wrapped in a Colewort leaf, and roasted under the Embers, and applyed, discusseth kernels in the Throat, and ripens and breaks any hard Imposthume, Tumor, Boyl, or Plague Sore; the juyce used with Vinegar is good for Tetters, Ring-worms, and the Itch. The distilled water kills worms, resists poison, &c. is good for all the said purposes. The roots either in powder or decoction, are good for many of the forementioned purposes, and helpeth the Jaundies, and Gravel, and Stone in the Kidneys. A decoction of the flowers made in Wine and drunk, helpeth the black Jaundies, and inward Ulcers.

Wood-Sorrel. Alleluia.

Descri- IT groweth low upon the ground without any
 ption. stalk, with a great many leaves coming from
 the root, made of three leaves, like Treefoil, every leaf
 somewhat resembling a heart, being broad at the ends,
 cut in the middle, and sharp towards the stalks, of a faint
 yellowish green colour, every one standing on a long red
 foot stalk, which at their first coming up are close folded
 together to the stalk, but opening themselves afterwards;
 they are of a fine sowre taste, and yieldeth a juyce which
 turneth red when it is clarified: amongst these leaves rise
 up weak, slender foot stalks, bearing every one of them

a white flower at the top, consisting of five small pointed leaves, star fashion, and in some dash'd over with a small shew of blush; after the flowers succeed small round heads, with yellowish seeds in them: the root consists of small strings, fastned to the end of a small long piece, of a yellowish colour, abiding with some leaves thereon all the Winter.

Names.] It is called in Latine *Trifolium Acetosum*, and in Shops *Alleluia*, and *Lujula*; in English Wood-Sorrel, and Scab-wort.

Place and Time.] It grows in moist Woods, and shadowy places, and upon the old stems of Withyes, Alders, and such Trees as delight to grow in wet and shadowy places: it flowers in April and May.

Nature and Vertues.] Wood Sorrel is of temperature as the other, and und^r the Planetary Influence: This herb is singular good to defend the heart in all pestilential Diseases; and to cool the faintings thereof caused by heat in Agues, Fevers, and other diseases; it preserves the Blood from putrefaction, quencheth thirst, stayeth Vomiting, and procures a good stomach, a dram of the Conserve being taken in a morning, or oftner if need require; it is good in any contagious Disease: A syrrup made of the juyce is effectnal for all the said distempers, & so is the distilled water: the juyce is good to gargle the mouth for any Canker or Ulcer: it is good in Wounds and Scabs, to stay the bleeding, and to cleanse and heal the Wounds, and to stay hot defluxions and Catharrs upon the Throat or Lungs. Spunges or linnen cloathes wet in the juyce, and applyed to hot tumors and inflammations doth cool and help them. A composition made with Mithridate, Sugar, and Wood Sorrel, hath been approved for those that are entering into a Fever.

¶ See further in *The Art of Simpling*: written by W. Coles.

Sow-Thistles. *Sonchus*.

They need no description.

Names.] The Latines call them *Sonchus*, which is divided into *Asperum* and *Levem*; and in English we call them prickly and smooth Sow-thistles, and sometimes Hares Lettice; they are called likewise *Lactula Leporina*, *Palatium Leporis*, and *Leporum Cubile*.

Place and Time.] They grow in Gardens, and manur'd grounds, commonly against the Owners will, as also in Fields, upon old walls, by paths sides, and High ways.

Nature and Vertues.] Sow-thistles are cold and binding, and consisting of a watry and earthly substance, being under the influence of Venus: they are familiarly eaten beyond the Seas, while they are young and tender, especially the roots: the juyce beated with a little oyl of bitter Almonds in a Pomegranate Pill, and dropped into the Ears, helps noise therein, and deafness, and other diseases of the Ears: the bruised herb or juyce is good to apply to Inflammations of the eyes, or elsewhere, and to help wheals and blisters in the skin, and is good to help the heat and itchings of the Piles, and the heat and sharpness of humours in the privy parts of man or woman: the herb is eaten by some as a Sallet in the Spring to cool a hot stomach, and ease the knawing pains thereof. The decoction in wine helps to stay the dissolutions of the stomach: and the milk that comes from the stalk is good for such to drink as are short winded, and are troubled with wheesing. Three spoonfuls of the juyce taken in some wine warm'd, and a little Oyl with it, causeth easie and speedy delivery, it is said to avoid the Gravel and Stone by Urine: and the juyce taken in warm drink helps the Strangury. The decoction of the leaves given to Nurses, causeth abundance of milk, and suffereth it not to curdle in their Breasts. The distilled water is effectual for all the diseases before nam'd to be taken with sugar inwardly
and

and outwardly, by applying cloths or sponges wetted therein; and is good for women to wash their faces to clear the skin: The bruised herb or juyce applyed to Warts is said to take them away.

Sow-bread. Panis Porcinus.

I Cannot find that it is growing any where naturally in England, but it is brought to us from France and Italy, so that I shall not describe it.

Names.] It is called in shops *Cyclamen*, *Panis porcinus*, and *Artanita*; in English Sow or Swine-bread, because the Swine love to feed on it in those Countries where it grows.

Nature and Vertues.] It is hot & dry in the beginning of the third degree, and cutteth, cleanseth, and digesteth; it is an herb of Mars: The distill'd water of the roots snuffed up into the nostrils, stayeth bleeding at nose, saith Mathiolus; and that six ounces of the water being drunk with one ounce of fine Sugar, it stayeth the blood that cometh from the breast, stomach, or liver, or a vein that is broken in them: It purgeth violently, and therefore is to be corrected with Mastick, Nutmeg, or a scruple of Rubarb, and so it helps hardness and swelling of the Spleen, and easeth the Chollick: The juyce opens the Hemorrhoids and Piles, and strongly moveth to stool: The fresh root put into a cloth, and applyed to the secret parts of a woman that is long in-travel, procures an easie and speedy delivery, but if women with child meddle with it before their due time it causeth Abortion. The juyce of Plantain, and the juyce of Sowbread, of each a like quantity mixt together with Aloes, Myrrhe, and Olibanum, stoppeth the bleeding of the nose, being applyed to the nostrils and forehead: The juyce mingled with vinegar helpeth the falling down of the Fundament, it being somented therewith.

¶ See further of this in Culpeppers School of Physick.
Southern.

Southernwood. Abrotanum mas.

IT is generally known in Gardens, so that it needs no description.

Names.] The Latines call it *Abrotanum*, adding the Epithet (*mas*) to it, to distinguish it from *Abrotanum femina*, which some hold to be Lavender Cotton.

Place and Time.] The Gardens (as I told you) nourish it, the time of its flowering is in June and July, sometimes later.

Nature and Vertues.] It is a plant of Mercury, having a rarifying dissolving quality, and is hot and dry in the end of the third degree: The tops of *Southernwood* stamped and drunk raw in water, provoketh the Courses, and is profitable for such as cannot breath without holding their necks straight up, and for the Cramp, shrinking of sinews, and the *Sciatica*, and for stopping of Urine; which effects the seeds and flowers do most powerfully perform if they can be had. It destroyeth worms, and is good again poison and venome, being drunk in wine: The seed (if it can be had) digests and consumes cold humours, and tough phlegm which stop the Spleen, Kidneys and Bladder: The tops boiled in wine or water, and a little honey or sugar added to it, helps difficulty of breathing being drunk three or four times a day, and is good for the Cough, Cardiack Passion, and other inward griefs. The ashes thereof mixed with Oyl of Palma Christi, or old Oyl Olive, restoreth lost hair, and causeth the beard to come forth speedily if it be anointed therewith twice a day against the sun or the fire. The tops stamped with a roasted Quince, and applyed to the eyes, helps the inflammations thereof. A Salve made of the leaves being boiled and stampd with Barley-meal, and Barrows-grease, dissolveth cold humours and swellings, being applyed upon a piece of cloth or leather. It helps also benum'd or bruis'd Limbs, being stampd with oyl
and

and applyed; and takes away the shivering fits of Agues, the back-bone being anointed with it before the fit come. The bruised herb helps to draw forth splinters and thorns out of the flesh being applyed thereunto; the ashes dryeth up old sores and ulcers: The oyl of Southernwood is good in those Oyntments that are used for the French Pox, and kills lice in the head: The distilled water is said to help the Stone, and diseases of the Spleen and Mother: It is held more offensive to the stomach than wormwood, being taken inwardly; but the dryed herb being put in a linnen bag, and applyed to the stomach next the skin, comforteth a cold stomach: The herb boiled with Barley meal helps to take away pimples, pushes, and wheals in any part of the body.

Speedwell, vide Fluellin.

Spignell. Meum.

Descri-ption. Common Spignell springeth up with sundry long stalks of leaves, cut very finely like unto hairs, smaller than Dill, set thick on both sides of the stalk, of a light or yellow green colour, and of a good scent, from amongst which rise up round stiff stalks with joynts, having a few leaves at them, at the tops whereof grow an Umbel of white flowers, the edges whereof do sometimes give a shew of reddish or blush colour, especially before they be full blown; after which come little roundish seed of a brownish colour: The roots are thick and long, in respect of the leaves growing out from one head, which is hairy at the top, of a blackish brown colour on the outside, and white within.

Names.] The Greeks call it *μῆνον*, and the Latines *Meum*, and in English it is called of some Mew, Bald-mony, or Bearwort.

Place and Time.] It grows in Yorkshire, Westmoreland, and

and other Northern Countreys, flowers in June and July, and yields seed in August.

Nature and Vertues.] The roots of Spignel are hot in the third degree, and dry in the second, & said to be under the influence of Venus, an Electuary made of the roots with honey consumes wind in the stomach and guts, and easeth gripings in the belly; and is good against Catharrs, Rheums, and Aches of the joynts, and phlegmatick humours that fall upon the Lungs: The decoction in wine or water being drunk, opens stoppings in the Kidneys and Bladder, helps the Strangury, provokes Urine, and stirs up Lust. It also provokes the Terms, and helps griefs of the Mother; but too great a quantity thereof causeth the head-ach: The Roots which are only used in Physick are effectual against the stinging or biting of any venomous creature, and is an ingredient in those main Antidotes, Venice Treacle and Mithridate.

• Spikenard. Nardus Indica.

IT is naturally an Indian Plant, called *Nardus Indica*, therefore I shall proceed to declare its Vertues, not troubling you at all with its description.

Nature and Vertues.] Spikenard is of a heating drying faculty, as saith Dioscorides; it is good to provoke urine, and easeth pains of the Stone in the Reins and Kidneys, being drunk in cold water; it helps loathings, swelling or knawing in the stomach, the yellow Jaundies, and such as are liver-grown: It is a good ingredient in Mithridate and other Antidotes against poison; to women with child it is forbidden, but a decoction thereof may be a good bathe for others to sit over that are troubled with Inflamations of the Mother: The Oyl of Spikenard is good to warm cold places, and to digest crude & raw humours: It worketh powerfully on old cold griefs of the head and brain, stomach, Liver, Spleen, Reins, Bladder, and of the Mother: It purgeth the brain of Rheum
being

being snuffed up into the nostrils ; being infused certain days in wine, and then distilled in a hot bathe, the water is good inwardly and outwardly to be used for any coldness of the members : It comforts the brain, and helps cold pains of the head, and the shaking Palsie : Two or three spoonfuls thereof being taken helps passions of the heart, swoonings, and the Chollick ; being drunk with wine it is good against venomous bitings ; and being made into Trochis with wine, it may be reserved for an Eye-medicine, which being aptly applyed represseth obnoxious humours thereof.

Spinage. Spinachia.

I Shall say but little of this, it being more used by the Cook than the Physician; for it is seldom used in physick, and I believe not very substantial food, (though some greedily eat it) some Latine Authors call it *Spinachia*, and some say, that the broth thereof makes the belly solluble, easeth pains of the back, clears the brest, and strengthens the stomach.

Spleenwort, or Ceterach. Asplenium.

Descri. Spleenwort beareth many leaves near a span long, jagged on both sides almost to the middle rib, set in several orders, not one against the other, but one besides another, being slippery, and green on the upper side, and of a dark yellowish roughness underneath, which is conceived to be the seeds ; at its first coming up it rowleth and foldeth it self as Fern doth, with many hairs on the outside : The root is small, black, and rough, much platted or interlaced, having neither stalk nor flower.

Names. Ceterach is the usual name of it in shops, yet it is called *Asplenium* and *Splenium* ; in English Spleenwort, and Milt-waste.

Place

Place and Time.] It groweth upon stone walls and rocks, and in moist and shadowy places, in the West Country, on the Church of Beconsfield in Barkshire, and at Stowd in Kent, and other places: It continues green all the year.

Nature and Vertues.] It is hot and dry in the first degree, of thin subtle parts, no way Saturnine, but rather Mercurial: It is profitable for all diseases and infirmities of the Spleen, especially such as cause it to grow too big, for it diminisheth it; it is effectual for the yellow Jaundies, stoppings of the Liver, and the Hiccough: It helps the Strangury and Stone in the Bladder: it helps the running of the Reins, a dram of the dust scraped from the back side of the leaves, and taken with half a dram of Amber in powder in the juyce of Plantain and Purslain. The decoction helps melancholly Diseases, and such as arise from the French Pox; but if it be boiled over long, the strength will be lost. The distilled water is good for the Stone, and the lye made of the ashes being drunk some time together, helps spleenatick persons, and so doth the herb being boiled a little and applyed to the region of the Spleen. The use of this plant hinders Conception, and therefore women that desire Children must forbear it.

Squinant, Sweet Rush, or Camels Hay.
Schænanthos.

Schænanthos, or Junius Odoratus are the Latine names hereof: it is an Arabian plant.

Nature and Vertues.] The whole Plant hath an astringent faculty; the roots do bind most, and the flowers are more hot; it gently cutteth humours, & digesteth them: The decoction of the flowers being drunk, stayeth spitting of blood, and is conducing to diseases of the Stomach, Lungs, Liver, and Reins: The root is held effectual for the loathing of the Stomach, a
dram

Gram thereof in powder with the like quantity of Pepper being taken fasting certain mornings together, and is a good remedy for the Dropſie, Conuulſions, and Cramps; being boiled in the broth of a Chicken, it is effectual for pains of the Womb, and pains after Child-bearing. Dioſcorides ſaith it provoketh Urine, and Womens Courſes; diſcuſſeth ſwellings; and Wind, but troubles the head a little.

Starwort. Bubonium.

Deſcription. **T**Here be many kinds of this Herb, yet that which grows moſt naturally in England, is the Attick or yellow Starwort which groweth about a foot high, with three or more hairy ſtalks, with long, rough, hairy, browniſh, dark, green leaves on them, divided into two or three branches; at the tops whereof ſtand a flat ſcaly head, compaſſed underneath with five or ſix long brown, rough, green leaves, like a Star; the flower ſtanding in the middle conſiſts of narrow, long, pale, yellow leaves; ſet with browniſh yellow thrums; which turning into down, are carryed away with the wind: the root is fibrous, and of a binding ſharp taſte.

Names] This kind is called *Aſter Atticus*, and *Bubonium* in Latine.

Place and Time.] It is ſaid to grow upon *Hamſted Heath*. One ſort of Starwort or other is in flower from *June* to *October*.

Nature and Vertues.] Starwort is ſaid to be cooling and drying, and doth moderately waſte and conſume, an herb of Venus; the leaves and flowers boiled in water, helps pains and ſores in the Groin, and ſo doth an oyl made by infuſion thereof: the dried flowers being bound to the griev'd place; takes away Inſtaminations thereof; it helps the Quinzy, and Falling-ſickneſs in Children: An Oynment made of the green

green Herb and Hogs Grease, is good to anoint a hot Stomach and inflamed Eyes, to help falling down of the Fundament, and such as are bitten by a mad Dog; it consumes swellings of the Throat; and the herb being burnt, driveth away Serpents.

Stone Crop, or Wall Pepper. *Vermicularis.*

Descri- **T**His Plant is much like unto the lesser Houf-
ption. leek, called also *Sedum*, and *Prickmadam*, and is by *Gerrard* and others ranked amongst the number of the *Sedums*, or *Prickmadams*; but because of its far different and contrary temperature, I have placed it alone: it is a low and little herb, the stalks whereof are slender and short, about which the leaves stand very thick, being small in growth, full bodied, sharp pointed, and full of juyce. The flowers stand at the top, and are of a yellow colour, and of a sharp biting taste; the root is nothing but strings.

Names.] The Latine names are *Vermicularis*, and *Illecebra*, *Minor Acris*: The *tertium Semper vivum* of *Dioscorides*, which he saith the Grecians call *ἀνδραγύνη ἀγρία* and *πυλίστιον*, and the Romans *Illecebra*.

Place and Time.] Stonecrop grows in stony and dry places, in chinks and cranies of old Walls; and on the tops of tiled Houses; on the Church-house at *Hockfield* in *Hampshire* useth to grow abundance of it: it flowers in the Summer moneths, and is always green as the *Scirg* greens are.

Nature and Vertues.] Stonecrop is of a very hot temperature, sharp and biting; being outwardly applyed it raiseth Blisters, as the *Ranunculus*, or *Crow-foot* will do, and at length exulcerateth; therefore such as have any occasion to use the cooling *Prickmadams*, ought to beware that they mistake not this for it.

Dioscorides saith, that it wasteth away hard kernels of the Kings Evil, if it be applyed unto them with Hogs Grease; and boiled in Oyl of Roses, and the sore Piles anointed therewith; it easeth their pains. The iuyce (as Gerrard saith) being extracted and drawn forth, and taken with Vinegar or some other liquor, procures Vomit, and brings up gross and phlegmatick humors, and also chollerick, and doth thereby oftentimes cure the quartain Ague, and other Agues of long continuance: and being given in this manner, it is a remedy against poisons inwardly taken, but it is dangerous to be used; and there being many other safer medicines for the same purposes, I conceive it is better to be forborn then experimented.

Strawberries. *Fragraria.*

They need no description: The Plant is called in Latine *Fragraria*, and the fruit *Fraga*. They grow both in Gardens, and wild in Fields and Woods.

Nature and Vertues.] Let Venus have these sweet Berries, lest she lose her longing.

The leaves of Strawberries are cooling in the first degree, and the root more drying and binding; the green berries are cold and dry, but when they are ripe they are cold and moist: The distilled water of the berries is good against faintings of the heart, and overflowing of the gall. The berries themselves refresh and comfort fainting spirits, cool the Liver, Blood, and Spleen, and chollerick Stomachs, and quench thirst; they are good for other Inflammations, but meddle not too much with them in Fevers, lest they putrisie in the Stomach, and increase the Fits. A decoction of the leaves and roots in wine and water doth abate the heat and sharpness of Urine, cools the Liver and Blood, and asswages Inflammations in the Reins and Bladder, stayes the bloody Flux, and the Tearms, and helps the swellings of the Spleen. The iuyce or the decoction of the herb and root cleanseth foul Ulcers, being washed therewith: the leaves and roots hereof serve to make lotions and

gar-

gargles for sores in the Mouth, or privy Parts, and are good to fasten loose Teeth, and to heal foul Gums; it also helps to stay Catharrs, or defluations of Rheume into the Mouth, Throat, Teeth, or Eyes, The juyce or water is good for red and inflamed Eyes, and also to help pushes and wheals in the face or other parts, and to make the skin clear and smooth. The water of Strawberries distilled in a glass after they have stood twelve or fourteen days in Horse dung, cureth the Leprosie and Morphem, if it be drunk.

Succory, Dandelion, or Pissabeds. Cicorea.

Succory, Endive, and Dandelion differ not much in operation: the Garden Succory, and wild Dandelion, or Pissabeds, are all very well known; so that I not need to describe either.

Names.] Succory is called *Cicorea* in Latine, and the Dandelion *Dens Leonis* from the jagged leave resembling a Lions Tooth.

Nature and Vertues.] Succory and Endive are cold and dry in the second degree; the wild sorts are dryer then the Garden kinds, and cleanse and open most by reason of their bitterness; it is an herb of Jupiter.

The leaves of the Garden kinds are used both for meat and medicine; they do both cool the Liver, & open the obstructions thereof, strengthening the same; and likewise helps burning Agues, lack of sleep, stopping of Urine, and the Gall, the yellow Jaundies, and great heat of the Stomach. A draught of the decoction of the herb or root in wine drunk fasting, helps the Dropsie, and drives forth chollerick and phlegmatick Humors: the like decoction in wine is good against lingering Agues, and a dram of the seed in powder taken in Wine before the fit, is available in Agues, and for faintings and passions of the heart: the herb outwardly applyed is good to allay sharp humors in Ulcers, Tumors, and pestilential Sores, and helps

helps Inflammations of the Eyes, and clears the sight, and easeth pains of the Gout. The distilled water is effectual for the same purposes, and to drink morning and evening for straitness in the Breast, and is good for women with Child, and the Head-ache in Children coming of heat; which water or the juyce of the leaves is good for Nurses Breasts that abound with milk, allayeth swellings, Inflammations, Pulses, Pimples, and St. Anthonies fire, and is good to wash filthy Sores, being used with Vinegar.

Sun-flowers, i. e. Elecampane.

Tobacco, English and Indian. Nicotiana.

Descri- English Tobacco riseth up with a thick round **pion.** stalk, about two foot high, whereon grow thick fat green leaves, not so large as the Indian, round pointed, and not dented about the edges; at the tops stand divers flowers in green husks, scarce standing above the brims of the husk, round pointed also, and of a greenish yellow colour: its seed is not very bright, but large, contained in great heads. The roots perish every Winter, but rise generally of its own sowing.

Names.] It is called in Latin *Petum*, and *Nicotiana*.

Place and Time.] English Tobacco groweth much about Winscomb in Gloucestershire, as delighting in a fruitful soil; the other which we smoke groweth best in Virginia, and is thence carried to some parts of Spain, and there made up and then brought to us, and named Spanish Tobacco; under which Title the Taverns and Ale-drappers cheat the Smokers, who buy it greedily at three Pipes for two pence, as a great bargain, when it doth not stand the seller in a half-penny.

Nature and Vertues.] Tobacco is hot and dry in the second degree; it cleanseth and discusseth, and hath also a stupifying quality, and a power to resist poison.

Eng.

English Tobacco is good to expectorate tough Phlegm, the juyce made into a syrrop, or the distilled water drunk with Sugar, or the smoke taken fasting in a Pipe: it easeth gripings in the Bowels, pains in the Head, and expels Worms, and is profitable to provoke Urine, and expel the Stone and Gravel out of the Kidneys, to expel windiness, which causes strangling of the Mother: the seed is good to ease the Tooth-ache, and the ashes of the Herb cleanseth the Gums and Teeth, and makes them white: the bruised herb is profitably applyed to swellings of the Kings Evil: four or five ounces of the juyce taken fasting, purges the body upwards and downward, and is effectual for the Dropsie. The distilled water taken with Sugar before the fit of an Ague lessens the fit. The distilled faces of the Herb having been bruised before the distillation, and not distilled dry, but set fourteen days in hot dung, and then hung up in a bag in a Wine Cellar, there will drop a liquor therefrom good for Gramps, Aches, the Gout, and Sciatica, and to heal Itches, Scabs, Cankers, and foul Sores: The juyce is good to kill lice in Childrens Heads. The green herb bruised and applyed is good to cure any fresh wound; and the juyce put into old Sores, cleanseth and healeth them. There is an excellent Salve made of Tobacco, good for Imposthumes, hard Tumors, swellings by blows and falls, old and new Sores, and is to be had at the Apothecaries by the name of Unguentum Nicotianum, or oyntment of Tobacco.

Tamarinds. Tamarindus.

THis Tree groweth in Arabia, and the Indies, and the fruit is brought hither for Medicine, whose vertues follow.

Nature and Vertues.] Tamarinds are cold and dry in the second degree, or in the beginning of the third, a plant of Venus: The pulp of Tamarinds open obstructions of the Liver and Spleen, and taken with Borrage water, it quickens

the spirits, and mitigates the fits of Frenzy and madness; it is good in acute Fevers, it purgeth Choller and adust humors, stayeth vomiting, and cools inflammations of the Liver, Stomach, and Reins, and helps the running of the Reins; it is good against the Scab, Itch, and Leprosie, and salt humors breaking out in the skin; it is good in hot burning Agues, it quenbeth thirst, and procures appetite, an ounce thereof being dissolved in fair water and taken with a little Sugar: it stayes bleedings at nose arising from Choller, and womens Fluxes, and is good against the yellow Jaundies.

Tamarisk. Tamarix.

IT is well known in Gardens where it only grows, in England, so that a description is needless.

Names.] Myrica, Tamarix, and Tamariscus are the Latine names; the Greeks call it μυεικκη; i.e. infinitus, from its abundance of leaves.

Place and Time.] It groweth about Mompelien and Narbone in France, and is planted in Gardens with us; they flower about the end of May, or in June, and the seed is ripe and blown away in September.

Nature and Vertues.] Tamarisk is drying and astringent, having also a cutting & cleansing quality, a Saturnine Plant. The leaves or roots boiled in Wine drives forth Melancholly, helps spitting of blood, and stayes the overflowing of the Terms, the bleeding of the Hemorrhoides, and other Fluxes, and is good against the Jaundies, and other diseases which are caused by obstruction. The roots sodden with Wine and drunk, cleanseth the milt, and thereby it helps the Leprosy: the decoction of the roots or young branches in Wine or Vinegar drunk, and outwardly applyed, helps hardness of the Spleen. The decoction of the bark and leaves in Wine, helps the Tooth-ache, the mouth and Teeth being gargled therewith; it also helpeth redness and watering of the Eyes, and easeth pains of the ears
being

being dropped therein, and is good to wash those that are subject to Lice and Nits, and is good to stay gangrenous and fretting Ulcers, being mixed with honey: it is good for spleenatick persons to drink out of Cups or Cans made of the Wood thereof. A good quantity of the leaves boiled in water is a good bath for women to sit over whose Matrix is in danger of coming down, it fasteneth the same: and the ashes of the Wood applied to the place stops the excessive flowing thereof. A Lye made of the Ashes is good for many of the said Diseases, and to help blisters raised by burning or scalding. The Egyptians use the Wood hereof to cure the French Disease, Leprosie, Scabs, Puskes, Ulcers, and the like; it is likewise good to help the Dropisie proceeding from hardness or stopping of the Spleen, and is available against Melancholly and the black Jaundies, the Bark with the Barks of Ash and Ivy being infused in Beer or Ale; some use Ling, or Heath (where Tanacetum is not to be had) instead thereof.

Garden Tansie. Tanacetum.

THis needs no description.

Names.] It is called both in Greek and Latine *Achanasia*, and also in Latine *Tanacetum*; the French call it *Tanaisie*, and our English *Tansie*.

Place and Time.] It is nourished in Gardens, sendeth forth green leaves in March and April, and flowers in June and July.

Nature and Vertues.] It is said to be hot in the second degree and dry in the third, attributed to the particular influence of Venus: The decoction of Tansie, or the juyce thereof drunk in Wine or Beer, doth dissolve and expel Wind in the Stomach or Bowels: The eating of it in Spring time purgeth the body of moist and phlegmatick humors, ingendred in the foregoing Winter, and by eating Fish in Lent, before it became superstition to our gluttonous Religion-pretenders,

luffful guts cannot forbear the *Flash-pots* on *Frydayes* : the decoction before mentioned provokes *Urine*, helps the *Strangury*, expells *Wind* out of the *Matrix*, and procures *women's Courses*, and is good for those that have weak *Reins* and *Kidneys* ; it is profitable for such women as are apt to miscarry, being bruised and often swelled unto, and applyed to the lower part of the *Belly* ; it is used against the *Stone* in the *Reins*, especially to men : being boiled in *Oyle* it is good against the *Cramp*, and shrinking of *Sinews*, if applyed to the affected part ; it avoideth *Rhegm*, dryeth the *Sinews*, and therefore is good for the *Palsie*.

Wilde Tanfie, or Silver Weed. Argentina.

Descri- It is much like unto the ordinary *Garden Tan-*
pion. It is a little also resembling the leaves of *Agri-*
mony : it creeps upon the ground taking root at the
 joynts, so that it will quickly spread a great deal of
 ground : the leaves are of a fair green colour on the up-
 per side, and a silver colour underneath ; it beareth no
 stalks, but the flowers stand singly upon a short foot stalk
 which are yellow, much like those of *Cinque-foil*.

Names.] It is called in *Latine* *Argentina*, *Agrimonia*
sylvestris, and *Tanacetum sylvestre* ; in *English* *Wild Tan-*
fie, and *Silver weed*.

Place and Time.] It groweth in moist grounds, near
 High Ways sides, at the foot of Hills, and such like pla-
 ces : it flowers in *June* and *July*.

Nature and Vertues.] *Wild Tanfie*, especially the root,
 is dry near the third degree, without much manifest heat, ha-
 ving also an astringent quality, and said to be a *Plant of*
Venus : The decoction of the herb in *Wine* being drunk, ea-
 seth pains of the *Boxsels*, and is good for the *Sciatica* and
Joint Aches : The bruised herb applyed to the hand wrists, &
 soles of the feet, cooleth the violent hot fits of *Agues*. The di-
 stilled

distilled water dropped into the eyes, or a cloth wet therein, and applyed, takes away heat and Inflammations thereof: The said water, or the leaves steeped in wine, Butter milk, or strong white-wine Vinegar, cleanseth the skin and face from Morpew, Sun-burning, Freckles, Pimples, and the like. Wild Tansie boiled in Vinegar with Honey and Allome, and the mouth gargled therewith, easeth the Tooth-ach, fastneth loose Teeth, helpeth sore Gums, and reduceth the pallat of the mouth to its place when it is fallen down; it also cleanseth and healeth Ulcers in the mouth, or secret parts, and is good for inward wounds, and to close the lips of green Wounds, and to heal old running corrupt sores in the Legs, or elsewhere: being boiled in wine and drunk, it stops the Lask, bloody Flux, and all other Fluxes of blood: the green herb only worn in the shoes, stops the Terms, and its possible the Whites; but the powder of the herb will certainly do it, being taken in some of the distilled water, with a little Corral and Ivory in powder added to it; it also stays spitting and vomiting of blood, and is good for Children that are bursten, or have a Rupere, being boiled in water and salt, and applyed.

Tarragon. Draco Herba.

Descri- **T**HE Sallet Herb called Tarragon, shooteth
ption. forth long and narrow leaves, of a deep green colour, greater and longer than those of common Hyssop, having slender, brittle, round stalks about two foot high; about the branches hang little round flowers, which do never perfectly open; they are of a blackish yellow colour, like those of common Wormwood, and yields no seed, but a chaffy matter which is carryed away with the wind, but is propagated by the root, which is long and fibrous, creeping under the ground like unto Couch-grass, shooting forth into divers places, by which it increaseth.

Names]

Names.] The Latines call it *Draco herba*, and *Dracunculus Hortensis*; and in French *Dragon*; in English *Tarragon*.

Place and Time.] It is cherished only in Gardens with us, and as I said is increased by the young shoots.

Nature and Vertues.] *Tarragon* is hot and dry in the third degree, a good Sallet Herb to be eaten with *Lettice*, *Parslain*, and other cool herbs; it is grateful and comfortable to the *Stomach*, and tempers their coldness; but to be eaten alone it is too hot: The root held between the Teeth draweth down *Rheum*, and easeth the *Tooth-ach*.

Thistles. Carduus.

THO there be many kinds they are all well known.
Names.] The general Latine name of a *Thistle* is *Carduus*.

Place and Time.] They grow frequently almost every where, and flower in *July* and *August*, the seed ripening soon after.

Nature and Vertues.] *Common Thistles* are of temperature hot, and of a drying quality.

They are held good to provoke *Urine*, and remedy the stinking smell thereof, and the rank smell of the *Arm-pits*, and whole body, being boiled in *Wine* and drunk; and they are said to be good to help a stinking breath, and to strengthen the *Stomach*, tho I believe it hath been seldom proved; The juyce restores lost hair, the place being bathed therewith, as *Pliny* reporteth.

Our Ladies Thistle. Carduus Mariæ.

Descri- **L** *Adies Thistle* hath divers large leaves lying on the ground, cut in and crumpled, somewhat hairy on the edges, of a white green shining colour, having many streaks of a milky colour, and set with

with sharp prickles round about : the stalk is strong, round, and prickly, set full of like leaves ; at the top of every branch cometh forth a prickly head with bright purple thrums in the middle ; after which come flattish brown shining seed lying in the said heads in soft white Down. The root is great, spreading in the ground with many fibres fastned thereunto : the whole plant is bitter in taste.

Names] It is called in Latine *Carduus Lacteus*, and *Carduus Mariae* ; in English, Striped milky Thistle, and Ladies Thistle.

Place and Time.] It is frequent upon the Banks of the Fields about London ; about such places it delights to grow : they flower and seed in June till August, as other Thistles do.

Nature and Vertues.] Our Ladies Thistle is hot & dry in the second degree, and somewhat binding, especially the root ; an herb of Jupiter : the decoction thereof, or the herb taken in powder, is good for Stitches, and other diseases in the sides, for Agues, and to prevent infection ; it opens obstructions of the Liver and Spleen, and is good against the Jaundies : the tender leaves having the prickles taken off, are a good Sallet in Spring to cleanse the Blood : the young stalks dressed are also good meat, especially for Nurses to increase their milk : the root is good for the Lask and Bloody Flux ; it stayeth bleedings, wasteth away cold swellings, and easeth pain of the Teeth, if they be washed with the decoction thereof. The decoction of the herb is good to provoke Urine, and breaketh and expelleth the Stone, and is good for the Dropsie. The seed is as effectual, if not better for the same purposes, and also for the Cramp, and so is the distilled water, which is also used inwardly to drink, and outwardly to cool distempers of the Liver, Swoonings, and passions of the Heart, being applied with Spunges or wet cloaths to the region thereof.

Thorow-wax. Perfoliata.

Deſcri-ption. **T**Horow-wax riſeth up with one ſtreight round ſtalk, about half a yard high or more, having leaves of a blueiſh green colour, the lower leaves being ſmaller and narrower then thoſe that grow higher, ſtanding cloſe thereto, but not quite compaſſing it, but as they grow higher, they do more and more encompass the ſtalk, until they cloſe ſo together, that it paſſeth almoſt through the middle of them, branching towards the top into many parts, where the leaves grow ſmaller again, ſtanding every one ſingly : The flowers are very ſmall and yellow, ſtanding in tufts at the tops of the branches ; the ſeed is ſmall and blackiſh, many of them thruſt together : The root is ſmall, long, and woody, perishing every year after it has perfected its ſeed, & the ſeed which it ſheds riſeth again the next year

Names.] It is called in Latine *Perfoliata* ; in Engliſh Thorow-wax, and Thorow-leaf.

Place and Time.] It groweth in Corn Fields and Paſtures in many places of this Land, flowers about July, and the ſeed is ripe in *Auguſt*, or ſoon after.

Nature and Vertues.] Thorow-wax is hot and dry, ſomewhat bitter and aſtringent, and I judge rather Martial then Saturnine : It is a good remedy againſt Ruptures and Burſtings in Children, eſpecially before it grow too old ; the decoction of the herb, or the herb in powder taken inwardly, and the green leaves bruised and outwardly applyed : It is a good remedy for Children that have their Navel ſticking out, being applyed thereunto with a little Honey and Wax : it draweth up the Bowels, and keepeth them in their natural place, and helpeth them when they are too much windy or ſwollen : It is good for Bruiſes and Wounds, old Sores and Ulcers either inward or outward. The decoction of the Herb in Wine

wine or water being drunk, and the places washed therewith, or an ointment may be made of the herb with Oyl or Hogs-grease to keep all the year for the same purposes: But an excellent Salve may be made of the green herb with Wax, Oyl, Rozen, and Turpentine, to incarnate and bring up flesh in deep wounds, and to heal old Sores. The Herb and the distilled water thereof is good against St. Anthonies fire, and the Shingles.

Teasel, or Fullers Thistle. Carduus Fullonum.

THE Garden or manured Teasel, being planted by Cloath-workers for their use, and the wild Teasel are both so common, they need no description.

Names.] Its called in Latine *Carduus Fullonum*, Fullers Thistle, and *Pecten Veneris*, *Dipsacus Silvestris*, and *Virga Pastoris*, Shepherds Rod is a Species thereof.

Place and Time.] The Cloathworkers (as I said before) manure one kind for their use, the other is to be found by most High-ways, Banks and Ditches sides: They flower in June and July, and the seed is ripe in August. It perisheth annually, and riseth again of its own sowing.

Nature and Vertues.] Teasel is drying in the second degree, according to Gallen, having also a cleansing faculty, and reputed to be subject to the influence of Venus. The roots being bruised in wine till they come to the Consistence of a Salve, and then kept in a brazen or copper box, and afterwards applyed plaisterwise to the Fundament, heals Chops, Cankers, and Fistula's thereof, (sath Dioscorides) and takes away Warts and Wens; so also is the water said to do which is contain'd in the hollownes of the leaves, and is also commended against redness of the eyes, or spots of the face:

The

The juyce dropped into the ears, killeth worms in them; the leaves applyed to the Forehead, and Temples, qualifieth frenzie fits: The distill'd water takes away redness of the eyes, and such mists as darken the sight, and helps creeping Sores, Shingles, and Pimples, preserves Beauty, taking away redness, inflamations, and other discolourings; and is also said to be effectual to cure the Scurvy: The roots stamped with Danewort, and boiled in wine and drunk helpeth the Drop-sie; and being boiled in red wine, and drunk morning and evening for nine days together, it helpeth the Gout: The powder thereof drunk in wine stops fluxes, and helps excoriations of the belly and other parts: The same powder the quantity of two drams at a time drunk in Pease broth, stops the overflowing of Womens Courses; and so doth the Herb being bruised and boiled in Vinegar, and applyed under the Navel, and helps moist Wounds that are hard to heal, and Cankers of the Yard.

[See further in *Adam in Eden*: written by Will. Coles.

Three-leaved Grass, or Trefoil. *Trifolium.*

**Descri-
ption.** **T**HERE is near twenty kinds of this Plant, as Meadow Trefoil, Heart Trefoil, Pearl Trefoil, white and red Honey-suckles, or three leaved grass, *cum multis aliis, &c.* Meadow Trefoil shooteth up stalks a handful long or more, round and somewhat hairy, and for the most part leaning towards the ground, having thereon three leaves joyned together, one standing a little from another, having for the most part in the midst a white spot like a half moon, amongst which rise up stalks of flowers somewhat longer than the leaves, bearing a tuft of many deep purple crimson flowers, which turneth into little cods with small seed in them: the Root spreadeth much, and endureth long.

Names.]

Names.] *Trifolium* it is called in Latine, and of some *Menyanthe* and *Asphalion*; in English Treefoil, three-leaved Grasse, and Honey-suckles.

Place and Time.] They are common in most Meadows and Pastures, they flower and flourish from May till August.

Nature and Vertues.] Both leaves and Flowers of Meadow Trefoil are cooling & binding, of which temperature the other kinds do in some sort partake; they are under the influence of Venus: The decoction of the whole plant of Meadow Trefoil is good to stay the whites and overflowing of womens Courses, and having some Honey added thereto, and used for a Glister, it helps gripings and frettings of the Guts: A Pultis made of the leaves with Barrows-grease, helps hot Swellings and Inflammations. The juyce especially of the Pearl Trefoil mixed with a little Honey and apply'd, is good to take away the pin and web of the eyes, and to ease pains and inflammations of them: An Oyntment made of the herb with Hogs-grease is good for the biting of an Adder, and the decoction of the herb to wash the place, and the juyce to drink: The herb bruis'd and heated between two tyles, and applyed to the shere, helps stopping of water; and is likewise good for wounds and scars: The seed is good to cleanse the Liver, and for Coughs and pains of the breast. The Heart Trefoil is a great Strengthner of the Heart and Vital Spirits, helps swooundings, and resists the Pestilence, and defends the Heart against the noisome vapours of the Spleen: The leaves of it do perfectly resemble the heart of a man, and are of a flesh colour like the Heart.

Garden Tyme, and wild Tyme, or Mother of Tyme. *Thymus*.

THese Plants both manured and wild are commonly known, being like one another.

Names.]

Names.] *Thymus* and *Thymum* is both Greek and Latine Names for both, yet the Mother of Tyme is called in Latine *Serpillum*, a *serpendo*, because of its creeping upon the ground.

Place and Time.] One is nourished in Gardens, the other found in dry Pastures, almost on every Hillock; they flower about July.

Nature and Vertues.] Tyme is hot and dry in the third degree, working the same effects as Savory in womans diseases; and therefore is particularly ascribed to Venus, which in part it may: The decoction thereof in water and honey provokes the Tearms, helps hard labour, and expells the Secundine and dead Child; it strengtheneth the Lungs, helps the Cough, and shortness of breath, provokes Urine, dissolves congealed Blood, and killeth worms: An Electuary made thereof with honey, expectorates tough plegm, quickens the sight, warms and comforts the stomach, & so doth the herb used in broths: It is good against the Chollick, Illiack Passion, Melancholly, and stoppings of the Matrix; four drams of Tyme in powder taken fasting in Syrrup of Vinegar purgeth Choller & sharp humours, and easeth the Gout: And one dram taken fasting in Mead dissolves hard swellings of the Belly, and is profitable for pains in the Loins and Hips, and swellings in the sides: The decoction dissolves Tumours and Swellings, they being bathed therewith: the juyce used with vinegar takes away warts, and being applyed with wine and meal, it helps the Sciatica and swollen Geds. Bathes made thereof are good to expel Wind, and help the Joynt Gout; the wild Tyme is more powerful than the other for most of the said purposes; especially to provoke Tearms, being decocted in wine and drunk: It easeth the Strangury, stays the Hiccough, and vomiting of Blood, helps gripings in the Belly; Cramps, the Lethargy, and Inflammations of the Liver, and is comfortable to the head, stomach, and Reins, and helps to expel
wind

Wind being taken in decoction, or in an Electuary with Honey, Liquorice, and Anniseeds.

Tormentil. Tormentilla.

Descri- T springeth up with many reddish, slender, *ption.* I weak branches from the root, leaning or lying on the ground, having many short leaves that stand closer to the stalks as Cinquefoil doth, with the foot-stalks encompassing the branches in several places; they which grow next the ground are set upon longer foot-stalks much like Cinquefoil leaves, but longer and lesser, dented about the edges, having five, six, or seven divisions, and sometimes eight; at the tops of the branches stand yellow flowers, consisting of five leaves like Cinquefoil, but smaller: The Root is smaller then Bistort, somewhat tuberous, thick, and knobby, blackish without and reddish within, sometimes a little crooked, having many blackish fibres.

Names.] It is called in Latin *Tormentilla*, because it easeth torments of the Guts, and *Heptaphyllum* or *Septisolum*, and *Stellaria*; in English *Tormentil*, *Setfoil*, or *Seven-leaves*.

Place and Time.] *Tormentil* groweth in Woods and shadowy places, and also in Pastures and Clofes; as in *Pray Wood* near *St. Albans*, in *Cobham Park* in *Kent*, and in the Fields and Common near *Horsham* in *Sussex*, and many other places.

Nature and Vertues.] *Tormentil* roots are dry in the third degree, not very hot, but of a binding quality, under the *Sarber* Influence: It is effectual to stay all fluxes of blood or humors in man or woman, either in wound or elsewhere; it resists poison, provokes sweat, and is good to cure wounds: It is good in the *Pestilence*, *Small Pox*, *Spotted Fevers*, and other contagious Diseases; especially if the Patient have a flux of
Z the

the belly withal. It is a special Ingredient in Antidotes and Counterpoisons, and excellent in Dyet-drinks against the French Disease, and to dry up Rheums and Catarrhes : The distilled Water taken fasting is good against Venome and Infection : Two or three ounces thereof taken both morning and evening cures inward Ulcers and Fluxes of the belly, especially the Disentery or bloody Flux. The best way to distill it, is to steep the herb all night in wine, & then distill it in Balneo Mariæ, which water taken with some Venice Treacle, & the party sweating after it, will expel any venomous poison, the Plague, and other contagious diseases : Cakes made with the powder of the dried root, and the white of an Egg, and baked upon a hot tyle, stays Fluxes, restrains Chollick Belchings, Vomitings, and loathings in the Stomach : The leaves and roots bruised and applyed, dissolves knots and kernels of the Kings Evil, and hardness about the Ears, Throat and Jaws, and easeth pains of the Sciatica : The juyce of the leaves and roots used with vinegar, is effectual for the Piles and Hemorrhoids. Sores of the head or other parts, Scabs or Itch, being washed therewith, or with the distilled Water of the herb or roots. A little prepared Tutia or white Amber used with the distilled water hereof, is helpfull to dry up sharp Rheums that distil from the Head into the Eyes, causing redness, pain, waterings, or itchings therein.

Turnsole. Heliotropium.

ITs natural Soil is in Italy, Spain, and France, yet may be found in England in some curious Gardens, but more plentifully at the Druggists Shops.

Names.] It is called *Heliotropium* in Latine, and *herba Cancri*, because it flowers about the time when the Sun enters Cancer.

Nature, and Vertues.] It is of temperature hot and dry, and of a binding faculty, a Solar Herb : A handful thereof
boiled

boiled in water and drunk, purgeth Choller and Phlegm, as saith Dioscorides; and the decoction thereof with Commin, breaks the Stone in the Reins, Kidneys, or Bladder, provokes Urine and the Terms, and causeth speedy delivery in Child-bearing: The seed and iuyce of the leaves rubbed with salt upon Warts, Wens, and other hard kernels in the face, eyelids, or other parts of the body, will take them away by often using it: The bruised leaves easeth pains of the Gout, or places that have been out of joynt, and are newly set, and are full of pain, being applyed thereto.

Turpentine. Terebinthina.

Description and Names. **T**HERE is a Turpentine which drops out of the Fir Tree; but this I speak of is a liquid substance, issuing from the Larch Tree, called in Latine *Larix*; from whence also proceeds a tuberous excrescence called *Agaricus*, or *Agarick*, of which we have treated of: The Turpentine in Latine is *Terebinthina*.

Place and Time. It grows about Trent in Italy; and the Turpentine is to be gathered in the hottest part of Summer.

Nature and Vertues. Turpentine is moist, and without sharpness, of a cleansing quality; an ounce thereof taken will gently open the Belly, provoke Urine, and cleanseth the Reins, Kidneys, and Bladder; being taken with Honey it expectorates tough Phlegm, and is good for an old Cough, the Ptsick, and Consumption of the Lungs; it is an excellent ingredient in Salves for Ulcers, or green Wounds: The chymical oyl of Turpentine is singular good in Wounds, and to warm and ease cold pains in the Joynts and Sinews: take Turpentine and wash it in Plantain Water, and then make pills thereof with the powder of white Amber, red Corral, Mastick, and a little Camphire, they will purge and cleanse the Reins, and stay their running.

Turmerick. Curcuma.

THIS Plant groweth in the East Indies, and is called by some *Crocus Indicus*, but the common Latine Name is *Curcuma*.

Nature and Vertues.] Turmerick is hot and dry in the second or near the third degree; it is excellent for the yellow Jaundies, and obstructions of the Gall, and for the Dropsie, and Green Sicknes, to open stoppings of the Stomach, Womb, and Bladder, and to bring down Womens Courses; it is useful in old Diseases, and the ill habit of the body; it is good likewise in Medicines for the Itch, and Scabs, used with juyce of Oranges. The Indians use it to colour meats and broths instead of Saffron, and we to colour Wooden Disks, and Cups.

Turnips. *Rapum*.

THese need no description; they are called in Latine *Rapum*, and *Rapa*.

Nature and Vertues.] Turnips are cold, moist, and windy, but being boiled, they are hardly perceived to cool: The decoction of Turnips taken with Sugar, is good to clear the Voice. A Syrrup made of the juyce when they are baked, mixed with Honey, or honey of Roses, and a spoonful thereof taken at night, helpeth a Cough, and Hoarseness, opens the Breast, and is good for those that have a Vein broken. Oyl of Roses boiled in a hollow Turnip, under hot Embers, cures kided Heels. The young Turnip tops boiled and eaten, are a good Sallet to provoke Urine. The seed mixed with Treacle and drunk, is good against poison. Turnips being baked ingender less wind then when they are boiled; but howsoever dressed, they provoke Urine, increase seed, and milk in Womens Breast.

¶ See further in *The Art of Simpling*; written by W. Coles,

Tutsan, or Park leaves: Siciliana.

Descri- ption. **T**utsan groweth up with brownish, shining, round stalks, crested, hard, and woody, about two foot high, branching out from the bottom, having divers joynts, and two fair large leaves at every joynt, of a dark blueish green colour on the upper side, and yellowish underneath, turning reddish, to ward the Autumne, and abiding on the branches all the Winter; at the tops whereof stand large yellow flowers, after which come heads of seed, at first greenish, then reddish, and last of a darkish purple colour, wherein are contained a small brownish seed, and also a reddish juyce, like unto blood, of a reasonable scent, and a harsh stiptick taste, like as the leaves and flowers are, though in a lower degree. The root is brownish, great, hard, and woody, spreading in the ground, and continueth a long time.

Names.] The Latines call it *Androsæmum*, and some call it *Dionysia*, and *Saciliana*; in English it is called Park-leaves, because it familiarly grows in Woods and Parks; and Tutsan from the French word *Toutsaine*, it being a good Wound Herb.

Place and Time.] It delights to grow in Woods, and woody Grounds, Parks, and Forrests; flowers in July and August, and the berries are ripe in September.

Nature and Vertues.] Tutsan is moderately hot and dry, yet absterfive, a Saturnine Plant: the leaves and flowers of Tutsan abate lust, & venereal motions, being taken in drink, or otherwise, and the seeds more powerfully being toasted, and then eat or drunk. Gastyory boiled in the juyce of Tutsan and drunk, helps the Gonorrhœa. The Green herb bruised and applied, helps burnings by fire, and the same, or the powder of the dry herb, stayes bleeding of Wounds; it is a sovereign Wound herb, for any Wound either inwardly or outwardly; it

may be used in drinks, lotions, balms, or ointments, for any Green Wound, or old Sores, or Ulcers. Two drams of the seed in powder taken in the morning, or after supper, in Mead, Wine, or fair water, purgeth chollerick Humors, and helpeth the Sciatica, or Hip-Gout.

Throat-wort. Trachelium.

**Descri-
ption.** T Hroat-wort groweth with many large hairy leaves, somewhat rough, a little dented about the edges, and of an overworn green colour; the stalk is also hairy, about half a yard high, whereon stand leaves from the bottom almost to the top, after the fashion of Nettles: towards the top on a short foot stalk, come forth hollow flowers, bell fashion, of a blueish purple colour, and hairy with in: the root is white, thick, and endureth long.

Names.] The Latines call it: *Trachelium*, *Cervicaria*, and *Uularia*; some likewise call them *Campanula*, the flowers being like Bells; in English Throat-wort, Canterbury-bells, and Hask wort.

Place and Time.] It groweth in *Stow Wood* by *Oxford*, and doubtless in many other places in *England*, though *Germany* and *Italy* be their more natural places: they flower in *June* and *July*, scarce perfecting their seed, but increase by the root.

Nature and Vertues.] This Plant is cold and dry, and so are most Bell Flowers; the roots are sweet, and therefore eaten in Sallets as *Rampions* are: they have an astringent quality, and are effectual for all Ulcers in the Mouth and Throat, and also for the Uvula, or Pallat of the Mouth, being swollen or fallen down, and also for all Sores in the privy parts of man or woman, or elsewhere, to be used in a decoction with Honey, Wine, and Allome; and likewise to close up the lips of Cuts and green Wounds.

Valerian. Phu majus.

**Descri-
ption.** *V*alerian hath a thick short grayish root, lying for the most part above ground, shooting out such like roots on all sides, having long strings or fibres under them in the ground, which nourish them; from these roots spring up many green leaves, which at first are somewhat broad and long, without any dent or division in them but those that come after are more and more divided on each side, some to the middle rib being winged as made of many leaves together on a stalk, and those upon the stalk are more divided, but smaller towards the top then below, the stalk riseth to be two or 3 foot high, sometimes branched at the top, with many small whitish flowers, sometimes dashed over at the edges, with a pale purplish colour, of a small scent; after which followeth small brownish white seed, which is carried away with the wind: the root smelleth more strong then either leaf or flower, and is of more use in Physick.

Names. The ordinary sort is called *Phu majus*, and *Valeriana major hortensis*, and of some *Herba Benedicta*, and *Theriaca*, it being an ingredient in Treacle.

Place and Time. It is nourished and kept in our Gardens: it flowers in June and July, and so continueth till the Frosts destroy it.

Nature and Vertues. *Valerian* hath little heat while it is green, but the dried roots are hot & dry near unto the second degree; it is a *Mercurial* plant: The *Garden Valerian* is used in *Antidotes*, & being dried & taken in drink, it helps pains in the Sides, provokes Urine, helps the strangury, procures womens Terms, helps chokings or stranglings in any part, caused by pains in the Chest or Sides, and the decoction thereof doth the same: the root taken in wine is good against venomous bitings, the Plague, and expelleth Wind. The decoction of the root with

Liquorice, Raisins & Anniseeds, helps such as are short winded, and have the Cough, opens the Breast, and expectorates Phlegm. The green Herb is excellent to heal any inward Sore or Wound, and to draw any Thorn or Splinter out of the Flesh. The green herb and root bruised, taketh away pains and prickings of the Head being applyed thereunto, and stayeth rheumes and distillations; and being boiled in White Wine, and a drop thereof put into the Eye, takes away any Pin, Ham, or Web therein, and helps dimness of the Sight. The decoction thereof in Wine is profitable to assuage swelling of the Goads caused of cold or Wind. The distilled water of the Herb and root made in May is singular good for all the afore-said purposes, and is good in time of the Plague; it killeth Worms in the Belly, and is good to wash green Wounds, or old Ulcers. The decoction of the leaves is good to gargle a sore mouth or Gums.

Vervain, Verbena.

Descri- Common Vervain hath divers leaves towards
ption. the bottom, of a middle size, deeply gashed
at the bottom, and the other part deeply dented about
the edges, and some only dented and cut all alike, some-
what like an Oak leaf, and of a dark green colour on the
upper side, and grayish underneath. The stalk is square,
and branched into divers parts, and riseth about half a
yard high, having a spike of flowers at the top, set on all
sides thereof one above another, and sometimes two or
three together, being small, and gaping, of a whitish co-
lour, intermixt with some blue and purple. The seed be-
ing small and round is contain'd in somewhat long heads.
The root is small and long, and of no use.

Names.] The Greeks call it *ἱερὰ βοτάνη*, that is *Herba Sacra*, because they used it about their Sacrifices to Jupiter. The common Latine name is *Verbena*; it is called in English by some Holy Herb, Juno's Tears, and Pigeons Grass,

Grass, because it is supposed Pigeons eat thereof to clear their sight.

Place and Time.] It groweth plentifully throughout the Land, by hedges and ways sides; as in the way between Gravesend and Rochester: It flowers in July and August.

Nature and Vertues.] *Vervain* is hot and dry, bitter and astringent; it opens obstructions, cleanseth and heateth, and is said to be an herb of Venus, because it strengthens the Womb, and helps cold griefs thereof: The distilled water cleanseth and cleareth the sight, and strengthneth the optick Nerves: the herb stamped and applyed with the white of an Egg, at n^o going to bed, will cure a blood-shotten Eye. The decoction of the herb helps infirmities of the Reins and Lungs, the yellow Jaundies, Dropsie, Gout, and all inward pains of the body, and is good against Tertian and Quartain Agues, Worms in the Belly, the Plague, and biting of venomous Beasts; it strengthens the Liver and Spleen, and corrects Diseases thereof, and also helps Diseases of the Stomach and Lungs, as Cough and shortness of Breath: and being drunk with some piony seeds bruised is good for the Dropsie; it is effectual to cleanse the Reins and Bladder of those humors that ingender the Stone; it heals Wounds both inward and outward, and stayeth bleedings, and being used with honey, it heals old Ulcers and Fistulas, and Ulcers in the Mouth; and used with Hogs Grease, it helps swellings and pains in the secret parts; being applyed to the Temples with oyl of Roses and Vinegar; it easeth pains in the Head, and is good for those that are Frantick: the bruised leaves mixed with Vinegar, takes away Morphem, Freckles, Fistulas, Inflammations, and other deformities of the skin, and so doth the distilled water, which is powerful in inward and outward diseases, green Wounds, and corroding Sores: It is said to be used by Witches to do mischief, and so may all other herbs if by wicked Astrologers used to accomplish their wretched ends:

But

But do not hereby think I count all Astrologers wicked, though too many are.

Velvet Flower, or Flower Gentle. Amaranthus, five Blitum majus.

Descrip- tion. **F**lower Gentle is a kind of Blite, yet Blites is not a kind of Flower Gentle; this last being better known, and of more efficacy, and groweth up with a stalk about half a yard high, sometimes higher, straked along towards the top, but towards the root very smooth, and reddish, being divided towards the top into many small branches, about which stand the leaves which are long, broad, slippery, soft, and sharp pointed, of a green colour tending to reddish; the flowers are long spiky tufts of hairs growing many together steeple fashion, beautiful to look upon, but having no scent; yet being bruised, they yield a juyce almost of the same colour that the flower is of, which is red. The seed is small, black and glittering, and lyeth scattered in the afore said tufts. The root is short and stringy, and dyeth every winter.

Names.] The Greeks call it *Ἀμαρανθός*, the Latines the same, because the red flowers thereof will endure a long time after they are gathered, without decaying; its also called *Flos Amoris*, from its beautiful Aspect, *Fleur Amor*, Flower Gentle, flower *Velure*, and Velvet flower from its softness.

Place and Time.] It is a Garden flower altogether in England, having been extracted both from the Eastern and Western Countreys, and flourisheth in *August* and *September*.

Nature and Vertues.] Flower Gentle is cold and dry, of a binding faculty, partaking of the friendly influence of Venus;

mus, and stoppeth both the extraordinary Flux of the Terms, and also of the Whites in women; the dried flowers being beaten to powder and boiled in Wine and Honey, and so drunk; and being so used, it is effectual in all Fluxes of blood, continual pain in the Belly, scouring, spitting of Blood, and bleeding at nose: the same Flower boiled in Wine, and the decoction drunk, is profitable against venomous bitings, the Sciatica Ruptures, and the distilling of Urine: the Fundament being fomented with the same decoction easeth the pain of the Piles; restrains their bleedings, and stayeth the often going to Stool, the herb being applyed to the place. The herb being boiled and applyed helps any bruised place, and being dried and laid amongst clothes, keeps them from Moths and Worms. The root held in the mouth, easeth pains of the Teeth, and being stamped and made into an Oyntment with May Butter, it asswageth all Inflammations. The white kind called *Blitum majus*, or white great Blites stoppeth the Whites in Women, and the running of the Reins in Men; which faculties its speaks in its signature.

The Vine. *Vitis.*

OF Vines there are divers kinds, which have also divers properties: they are manured in England, and well known both for their pleasant shade, and for their fruit; yet many kinds seldom bring their seed to perfection here.

Names.] The Vine Tree is called in Latine *Vitis*, the ripe Grapes dryed in the Sun, *Uva passa*, and *Passula Solis*; in English Raisins. The ripe iuyce pressed out is called *Vinum*, Wine.

Nature and Vertues.] The Vine hath differing properties, as I said before, which may be caused by the Glymate where they grow, some are cold, some hot, some sweet, some soure, some moist, others dry: the tender strings of the Vine

and

and the leaves do cool and bind ; sowre Grapes be cold and moist, and sweet Grapes hot and moist ; Raisins be hot in the first degree, and moist in the second ; being beaten with the stones they bind, but being stoned and eaten, they open the Breast and Liver, and loosen the Belly. Vines, especially the sweet ones are certainly under the Solar Influence. A decoction made of Raisins, with Liquorice, Maidenhair, & Coltsfoot, &c. helps Coughs, and hoarseness of the Throat, opens the Liver, Spleen, and Bladder, and taken by themselves they nourish much, concoct raw humours, and withstand putrefaction ; being mixt with Comminseed in powder and oyl of white Lillies it asswages smellings of the Goads. White Wine being drunk before meat, preserveth the Body, and quickly pierceth into the Bladder ; but being drunk upon a full Stomach, it causeth stoppings, and driveth down the meat undigested. Claret Wine doth nourish and warm the body, and is good for such as are phlegmatick. Red Wine stoppeth the belly, and corrupteth the blood, and breeds the Stone ; it is useful only in Lasks, or the bloody Flux. The juyce of the green leaves and tendrels of the Vine, or the tears called Vine blood sweetned with sugar and drunk, is good for such as vomit and spit blood, for the Bloody Flux, and Women with Child that vomit much, and to stay their unnatural longings. Sack, Muscadine, and such sweet Wines do comfort a cold weak Stomach ; but all wines taken immoderately, relaxeth the Sinews, causeth the Palsie, Fevers, and consumes the Liver and inward parts.

Violets. Viola.

BOth the Garden kinds and wild Violets are generally known.

Names. *Viola* is the common Latine name for a Violet, and *Herba Violaria* : there is also a kind called *Viola tricolor*, having three colours in the flower ; which in English

is

is call'd Heartsease, Pansies, and three faces under a hood. They begin to flower in March, and the beginning of April, and are then in prime: The Pansies flower till the end of July.

Nature and Vertues.] Both Garden and wild kinds while they are fresh and green are cold and moist, under the mild influence of Venus: the flowers are accounted one of the chief cordial Flowers, and are much used in cooling Cordials, and so is the syrup; they are good to cool any heat, or distemper of the body, either inward or outward, as inflammations of the Eyes falling down or pain in the Womb or Fundament, Imposthumes, and hot Swellings: To drink the decoction of the leaves and flowers made in water and Wine, or to apply them pultiswise to the grieved place; it also easeth pains of the head, which are caused by want of sleep: The powder of the flowers drunk in water, is said to help the Quinsey, and Falling Sicknes in Children, if taken in the beginning of the Disease. A dram of the dried flowers taken in Wine, or other drink, doth purge the Body of cholerick humours, and asswageth heat. The flowers of the white Violets ripen and dissolve swellings. The seed resists poison of the Scorpion. The green and dry herb and flowers are effectual to abate the heat and sharpness of Urine, and hot Rheums, to ease pains of the Back, Reins, and Bladder, and to help the Plurisie, and other diseases of the Lungs, and hoarseness of the Throat. The syrup is good for the Liver and Jaundies, and in hot Agues to cool the heat, and quench thirst; being taken in some convenient liquor, and a little juyce or syrup of Lemmons added to it, or a few drops of oyl of Vatriol put therein, it doth more powerfully cool the heat and quench thirst: they are more cooling being made up with Sugar, and with Honey more cleansing.

¶ See further in Adam in Eden: written by Will. Coles.

Vipers

Vipers Bugloss. Echium.

**Descri-
ption.** Common Vipers Bugloss hath many long rough leaves lying upon the ground, amongst which rise up divers round stalks, very rough, as if they were set with prickles or hairs, having many black spots on them like a Vipers skin, whereon are set such long, rough, hairy, or prickly sad green leaves, somewhat narrow, the middle rib for the most part being white: The flowers stand at the tops of the stalks brancht forth into many spik'd leaves of flowers bowing or turning like the Turnsole, all of them opening for the most part on the one side, which are long and hollow, turning up the brims a little, of a purplish violet colour in those that are full blown, but more reddish while they are in the Bud, but in some places of a paler purple colour, with a long pointel in the middle, feathered or pointed at the top, after the flowers come blackish corner'd and pointed seed, somewhat like the head of a Viper, inclosed in round heads: the root is somewhat great, blackish, and woody, and perisheth in Winter.

Names.] It is called by most Authors in Latine *Echium*, and of some *Buglossum sylvestre Viperinum*.

Place and Time.] It groweth wild on Hills and dry grounds almost every where, that with white flowers about the Castle Walls at Lewes in Suffex, and the other about Rochester Castle, and elsewhere: they flower and seed in the Summer Months.

Nature and Vertues.] *Vipers Bugloss* is cold and dry in temperature, a Solar Herb: the roots and seeds are a good Cordial to comfort the heart, and to expel sadness and melancholly; it tempers the Blood, and mitigates hot fits of Agues: the seed drunk in wine procures milk in womens Breasts, easeth pains in the Loins, Back and Kidneys, and

is a special remedy against the bitings of Vipers, and venomous beasts, and against poison and poisonous Herbs, Dioscorides saith, that whosoever shall take of the herb or root before they be bitten, shall not be hurt by the poison of any Serpent. There is a syrup made thereof after this manner : Take of the clarified juyce of Vipers Bugloss four pound, of the infusion of the flowers one pound, fine sugar three pound, boil it to a syrup, which is effectual to comfort the Heart and expel sadness and melancholly. The distilled water made of the herb and flower when it is in its full strength, is effectual for all the griefs aforesaid inwardly or outwardly applyed.

Wall Flowers, or Winter Gillow-Flowers.
Viola lutea.

BOTH those which are planted in Gardens, and those which grow wild upon old Walls are very well known.

Names.] They are called in Latine *Viola lutea*, in Spanish *Violettas Amarillas*, and in French *Violieres des murailles*, from their growing on Walls.

Place and Time.] They grow wild, as I said, upon old stone Walls, mighty plentiful upon the Castle Walls of Rochester, and the double kinds are planted in Gardens : they flower very early in the Spring.

Nature and Vertues.] They are Lunar, and of temperature meanly hot, of thin parts, and of a cleansing faculty : the yellow Wall Flowers, according to Galen, are of most use in Physick ; it cleanseth the Blood, and opens obstructions of the Liver and Reins, helps hardness and pains of the Mother and Spleen, comforts and strengthens any part that is weak or out of joynt, and stayeth Inflammations and Swellings ; it is a good remedy for the Gout, and aches and pains in the Joynts ; it clears the Eyes from films and mistiness, and

and cleanse *Ulcers* in the Mouth, or other parts, and provokes the *Rearms*, and expels the *secondine*, or dead Child; and a Conserve of the flowers is good for the *Apoplexy* and *Palse*.

The Walnut Tree. Juglans.

THIS Tree is very well known; the Greeks call it *Juglans*, *Jovis glans*; and the Latines *Juglans*: they blossom early before the leaves shoot forth, and the fruit is ripe in September.

Nature and Vertues.] It is a Solar Plant. Dodoneus saith, the fresh Nuts are cold and moist; but others say (and that's most likely) that they are drying and heating; the Bark doth dry and bind very much, and the leaves are much of the same nature; the old Nuts are hot and dry in the second degree, and of harder digestion than the fresh. The kernels of Walnuts do comfort the brain, and resist poison; or being bruised with the quintessence of Wine, & applyed to the Crown of the Head, they comfort the Head and Brain. The peels being taken off, they comfort the Stomach, and are said to kill broad Worms in the Belly; being old they offend the Stomach, and increase Choller. King Mithridates medicine against poison, was to take in the morning two dry Walnuts, as many Figs, twenty leaves of Rue, and two or three corns of salt beaten and bruised together: the distilled water cools and resists the *Postilence*, two or three ounces of it being drunk. The water of the outer husks being distilled in September is good against the *Plague*, to be used with a little Vinegar. The juyce thereof boiled with honey is good for sore mouths, heat, and Inflammations in the mouth, throat and stomach. The old kernels mixt with Figs & Rue, cures old *Ulcers* of the breast, and cold *Impostumes*, and are used to heal Wounds of the *Sinews*, *Gangreens*, and *Carbuncles*; and mixed with Rue and Oyl, they are good to be laid to the *Quinzy*. A piece of
the

the green husk put into a hollow tooth, easeth the pain thereof: the leaves or green husks used with Bores-grease, stayeth the hair from falling: The Oyl of walnuts made as Oyl of Almonds is, maketh the hands and face smooth, and takes away scales, scurf, and black and blue marks that come of blows and bruises; and being inwardly taken, it expels wind, and helps the Chollick: the young green nuts before they be half ripe preserv'd whole in sugar, do strengthen weak stomachs, and helps defluxions thereon: the bark of the root (having the upper skin scraped off) being made into powder, and tempered with vinegar, and then strained two or three times till it be thin and clear, and drunk liberally, cleanseth the body very much, and cureth the Ague: The kernels being burned and taken in red wine, doth stop Lasks and womens Courses: The Catkins taken before the fall, and dried, and a dram thereof taken in powder in white-wine, helpeth those that are troubled with the rising of the Mother.

Wold, Weld, or Dyers Weed. *Lutea*.

Descri- IT groweth with many long narrow bushing
tion. leaves, flat upon the ground, of a dark blue-
ish green colour, somewhat like Woad, but not so large,
a little crumpled and round-pointed, abiding so the first
year; and the next Spring amongst them rise up divers
round stalks, two or three foot high, having many such
like leaves thereon, but smaller, and shooting forth some
branches, at the tops whereof, and of the stalks, stand
small yellow flowers in spik'd heads, after which cometh
small black seed, inclosed in heads, divided at the tops
into four parts: The root is long, white, and thick, abi-
ding all the year. The whole Plant becometh yellow,
after it hath been awhile in flower.

Names. It is called by *Pliny*, *Lutea*, and so by *Virgil*;
of *Mathirolus*, *Pseudostruthium*; and of *Trages*, *Antirrhini-*
num.

A a

Place

Place and Time.] It groweth commonly by ways sides both in moist and dry grounds, in corners of fields and by-lanes, and sometimes all over the fields: It flowers about June.

Nature and Vertues.] *The temperature of it is hot and dry in the third degree; some people use to bruise the Herb, and lay it to cuts and wounds in the hands and legs to heal them: it is commended against the bitings of venomous Creatures, to be taken inwardly, and outwardly applyed to the place: The Root (as saith Mathiolus) cutteth and digesteth tough and raw phlegm, rarifieth gross humours, openeth obstructions, and dissolveth hard tumours.*

Wheat. Triticum.

THere are many kinds hereof, which are all well known for food, I shall therefore set down the Medicinal Uses hereof.

Names.] It is called in Latine *Triticum*.

Nature and Vertues.] *Wheat is hot in the first degree, and drying, as saith Pliny; but Gallen saith it neither dryeth nor moistneth evidently; Venus hath particular Influence over it, as saith Culpepper: I rather believe it to be Solar: Bread made of Wheat taken hot out of the Oven, and applyed to the Throat, helpeth kernels of the Kings Evil, and applyed to the ear it is good to draw out an Imposthume of the head; being stale and steeped in red Rosewater, and applyed to hot, red, inflamed, or blood-shot Eyes, it helpeth them: Wheat-flower mixed with the white of an Egg, Honey, and Turpentine, doth draw, cleanse and heal any Byle, Plague-sore, or foul Ulcers: The flower mixed with the juyce of Henbane, and applyed to the Joynts, stayeth the flux of humours thereto: the Meal boiled in Vinegar helps shrinking of the Sinnews, and being boiled with Vinegar and Honey, it helps spots and Pimples in the Face: The Corne of green Wheat being eaten hurt the stomach, and breed worms,*
but

but cures the biting of a mad dog, being chewed and applyed to it, (as saith Dioscorides.) The Brain of Wheat-meal being boiled in the decoction of a Sheepshead, is good in Glisters to cleanse and open the body, and ease griping pains of the Bowels: The decoction of the Bran is good to bathe such places as are broken by a Rupture; and being boiled in Vinegar, and applyed, it stayeth inflammations in swollen Breasts: It helpeth the bitings of venomous Creatures: The said Bran steep'd in Vinegar, and bound in a linnen cloth, and rubb'd on the Morpew, Scarf, Scab, or Leprosie, will take them away, the body being also well purged: Starch which is made of one kind of Wheat, moistned in Rosewater and laid to the Gods, takes away their itching: Wafers made of the fine flower being put into water and drunk, stay the Lask and bloody Flux, and is good for the Rupture in Children; and boiled with Rases, dry Figs and Jujubes, it makes a good Lotion to wash sore mouths and throats: The same boiled in water unto a thick Jelly, stays spitting of blood, being taken and boiled with Mynts, and butter, it helps Hoarseness: Wheat-corns parched upon an Iron pan, and eaten, are good for those that are chilled with cold (saith Pliny.) The Oyl pressed from Wheat between two hot plates of iron or copper, and used warm, heals Tetter and Ringworms; & Mathiolus commends the same Oyl to heal hollow Ulcers and Chops in the Hands and Feet, and to make the skin smooth: the leaven of Wheat-meal is very drawing, it rarifieth hard skin in the hands or feet, warts, and hard knots in the flesh, being applyed with some salt.

Whitlow-Grass, or Nailwort. Paronychia.

Descri- **T**His is a very little Plant, having small leaves
ption. growing in little tufts, somewhat like those
of Chickweed, amongst which riseth up a small stalk
about eight or nine inches long, at the top whereof
come very little white flowers growing one above an-

other; after which come in their place small flat pouches consisting in three films, which when they are ripe, the two outsides fall away, the middle part remaining a long time after, which is like white Sattin, wherein is the seed, which is very small, and of a sharp taste : The root is onely a few strings.

Names.] The Grecians call it *μαργυρία*, by the same name its known in Latine; and in English Nailwort, and Whitlow-grass.

Place and Time.] It grows upon brick and stone walls, and old tyled houses, such as have good store of Moss upon them, and upon shadowy and dry muddy walls; flowers in January and February, and vanisheth away at the approach of hot weather.

Nature and Vertues.] No other properties have been found hereof, save only it hath been accounted very good for those *Imposthumes* in the Nails and Joynts, called Felons and Whitlows; from the effectual curing of which it took its Name.

The Willow Tree. *Salix.*

THE several kinds thereof are very well known, save only in their Physical Uses.

Names.] *Salix* is the Latine name; in English Sal-low, Willow, Withy, and Osier.

Nature and Vertues.] The Plant is Lunar, of tempera-ture cold & dry in the second degree and astringent; both the leaves, bark, & catkins are used to stay bleeding of wounds, & at the mouth or nose, spitting of blood, and other Fluxes, and to stay vomiting, and the desire thereunto, if the decoction of them in wine be drunk : It also helps to stay thin, sharp, hot & salt distillations from the head upon the Lungs, which cause a Consumption : the leaves bruised with Pepper, and drunk in wine, do help the Wind Chollick : The leaves or catkins

catkins (which we in Hampshire call Goss-chicken, I suppose because they bud forth at such time when Geese have young) bruised and boiled in wine and drunk often, doth abate the heat of lust, and by much usage doth extinguish it either in man or woman : If you slit the bark of a Willow, so that you may fit a vessel to it, to receive a water that will flow or issue from it, at the time when it flowereth, the same water is good to clear the sight, & take away redness of the Eyes, and Films that begin to grow over them, & to stay Rheums that fall into them, to clear the face and skin from spots, and to provoke Urine : the Flowers boiled in white wine and drunk, dry up humours, & so doth the bark; the ashes of the bark mixt with Vinegar, takes away warts and corns, and callous flesh in the hands and feet, or other parts : The decoction of the bark and leaves in wine is good to bathe the sinews, & places pained with the Gout, to cleanse the head of scurf and dandriff : The juyce of the leaves and barks mingled with Rosewater, and heated in a Pomegranate shell, is good to drop into the Ears to help deafness ; a bathe made of the decoction of the leaves and bark, doth strengthen, restore, and nourish withered and dead members.

Woad. Glaſtum.

**Descri-
ption.** IT groweth up with many large long smooth greenish leaves, amongst which riseth up a stalk two or three foot high, having divers smaller leaves thereon ; it brancheth at the top, whereon appear small yellow flowers, after which come long and somewhat flat husks wherein the seed is contain'd, black and hanging downwards. The seed (being a little chew'd) gives an Azure colour : The root is white and long.

Names. Manured Woad is call'd *Glaſtum sativum*, and wild Woad *Glaſtum sativum*, and *Isatis*, *Glaſtum Indicum*, *Indico*, or Indian Woad.

Place and Time.] It is planted in Fields and Gardens for the bene fit of it, being used by Diers; it yields three Crops a year, and a stinking scent after it is gathered before it is made up for use: It flowers about June, if it be suffered to run up to flower.

Nature and Vertues.] It is cold and dry, an stringent Saturnine Plant, so drying and binding, that it is not fit to be used in any inward medicine: but an Oyntment made thereof stencheth bleeding, and a Plaister thereof takes away hardness and swelling of the Spleen, being applyed to the Region thereof: the said Oyntment is good to dry moist Ulcers, to take away fretting and corroding humours, to cool inflammations, St. Anthonies fire, and stay defluxions of blood to any part of the body: It is affirmed to be destructive to Bees, to prevent which, if it grow near any Bees, the way is to set urine by them, putting it in a Vessel with slices of Cork therein, that thereon they may save themselves from drowning.

Woodbynde, vide Honey-suckles.

Wormwood. Absynthium.

There are three kinds usual with us, common Wormwood, Sea Wormwood, and Roman Wormwood:

Names.] Common Wormwood is called in Latine *Absynthium*, and the Sea Wormwood *Seryphium*, and *Santonicum*.

Place and Time.] They are all well enough known; the Roman Wormwood is planted in Gardens, the Sea Wormwood groweth by the Sea-Coasts, and the common Wormwood groweth wild in all Countries in England, and generally near Smiths Forges: They all flower about August.

Nature and Vertues.] Common Wormwood is hot in the second degree, and dry in the third, of a cleansing, binding, and strengthening quality; it is subjected to the Influence of Mars:

Mars : It strengthens the Stomach like Aloes, drawing from the Stomach and Intestines Choller and Phlegm, whether it be taken in powder or decoction, or the juyce by it self, or the infusion in wine or beer ; but it offends the head, causing drowsiness and sleepiness, and that drink called Purple offends the head of some, causing it to ache. It is not good for hot Stomachs, nor for those that are subject to the Consumption of the Lungs, Falling-Sickness, Apoplexy, Lethargy, and continual Feavers : I have known many receive much hurt by drinking Wormwood Beer and Ale, therefore it ought to be used cautiously and moderately, and given to bodies fitting for it ; and so being discreetly used it purgeth Choller from the Reins and Bladder by Urine : It is good in the Green Sickness, Jaundies and Dropsie, helps Obstructions in the Liver and Stomach, the Chollick and gripings of the Belly ; it preserves the Blood from putrefaction, resists Drunkenness, helps vomiting at Sea, and killeth Worms : It cleanseth the Womb and Uterine parts, drives away the Hiccough, procures a good appetite, expells Wind, helps Crudities, and prevails in intermitting Agues and Obstructions of the Entrails : Vinegar wherein Wormwood hath been boiled helps a stinking breath, proceeding from the teeth or stomach, and provokes Womens Courses, and helps such as have hurt themselves by eating Toadstools, being but steeped in vinegar and drunk ; Wormwood-wine is good for all the forementioned purposes, except for such as have Feavers : Being outwardly applyed it kills worms in the belly or stomach ; the juyce with honey helpeth dim Eyes, and mixed with Nitre it helps the Quinzie, being anointed therewith ; and likewise mingled with Honey, and anointed, it takes away black and blue spots in the skin : The decoction thereof received by a Funnel, helpeth sore and running Ears, and the Tooth-ache, and the Temples bathed therewith it helps the head-ache proceeding from a cold cause ; being bruised and applyed with Rosewater to the stomach, it

comforts ſuch as have been long ſick : Being uſed with Figs, Vinegar, and Darnel-meal, it helps hardneſs of the Spleen, and a hot ſharp water running between the fleſh and the ſkin; if the ſkin be rubbed with the juyce or oyl of Wormwood, it keepeth away Fleas and Knats; and the Herb laid in Preſſes or Cheſts amongſt Clothes, preſerves them from Moaths and Worms.

Xylo Aloe.

THis Indian Tree is called by the Grecians *Αγύλλορον* and *Ξυροαλόν*, in Latine alſo *Xylo aloes*, and *Lignum Aloes*; in Engliſh, Wood of the Aloe-tree, Lign Aloes, and Wood Aloes : It groweth in Malana and Sumatra, places in the Eaſt Indies very dangerous, being much haunted by Tygers.

Temperatura and Vertues. It is hot and dry in the ſecond and according to the Judgement of ſome in the third degree of ſubtle parts, a little aſtringent and bitter : This wood is uſed as a main Ingredient in thoſe Powders & Eleſtuaries which are uſed to ſtrengthen the heart, and inward parts, to reſiſt faintings and cold diſeaſes of the heart, and corroborate the ſpirits, for which it is very effectual : It is alſo uſeful in the Apoplexy, Palfie, Lethargy, and loſt Memory, by ſtrengthening and drying the brain, & ſtopping rheumatick deſluxions which cauſe thoſe Diſeaſes : It helps faint Sweatings, Dyſenteries, Lasks, and Pleuriſies, expels Wind, dryeth up Crudities, fortifies a weak Stomach, and reſiſts Putrefaction; for which it is uſed in divers Cordials and Antidotes : The Extract thereof is good for the forementioned Diſeaſes; It is uſed outwardly in ſumigations to dry up Rheum, and in Quilts for that purpoſe, it helps alſo cold diſeaſes of the Womb : The ſumigation thereof is ſaid alſo to provoke the Terms, it helps cold diſeaſes of the Womb, and killeth Worms by reaſon of its bitterneſs; as much of the powder thereof as will lye
upon

upon a groat being taken three mornings together either ⁿ broth or wine, is profitable in diseases of the Liver and Spleen, openeth their obstructions and strengtheneth them.

Yarrow. *Millefolium*.

Descri. **I**T hath many long leaves lying upon the ground, which are divided or finely cut into many small parts, finer then Tansie, a little jagged about the edges, amongst which rise up two stalks round and green, with such leaves, but smaller and finer the nearer the tops, where stand many small white flowers upon a tuft or umbel, each flower having five leaves, with a yellowish thrum in the middle, somewhat strong in scent, but not unpleasant: The Root is deep and spreading, consisting of many white fibres.

Names.] It is called in Latin *Millefolium*, and of some *Supercilium Veneris*; in English Millefoil, Yarrow, Nose-bleed, and thousand leaf.

Place and Time.] There are very few Pasture-grounds free from it: they flower in July and August.

Nature and Vertues.] Yarrow is meanelly cold and dry, and somewhat astringent, an Herb of Venus, and is excellent good for Ulcers and Inflammations of the Privities, and for inward Excoriation of the Yard, the juyce being injected with a Seringe. Mathiolus commends it against pissing of blood, an ounce of the powder of the herb and Flowers, with a dram of fine Bole Armonick being taken three dayes together fasting in a draught of milk: The same powder taken in Comphrey or Plantain-water, is excellent to stay inward bleedings, and stayeth the bleeding of fresh wounds being strewed thereon, and being put into the nostrils stayeth bleeding at nose: The juyce put into the Eyes, cleareth them of blood and redeness; and the root or green leaves chewed in the mouth, easeth the Tooth-ache: The juyce of the herb and Flowers taken in Goats milk, or the distilled water, stayeth the

run.

running of the Reins in men, especially if taken with a little powder of Corral, Amber, and Ivory: The decoction of Tar-row in white wine being drunk, stoppeth womens Courses, and the bloody Flux; and a good quantity thereof boiled in water, and made into a bathe, and sate over, performeth the same: It is good to close up the stomachs of those in whom the Retentive Faculty is so weak, that they disgorge or vomit up whatsoever they eat: It is a good Medicine for an Ague, a draught thereof being drunk before the fit come, and used for two or three fits together: An Oyntment made of the herb is good for green wounds, and also for Ulcers and Fistula's, especially such as abound with moisture: The said Oyntment or Oyl is good to stay the shedding of hair, the head being anointed therewith.

Yew Tree. Taxus.

THis Tree is well known for hard timber, and good to make strong Bowes; the Latine name thereof is *Taxus*: but it is not mentioned by me for any medicinal Vertue that is in it, though the bark thereof is by some used instead of that of Tamarisk, I say not how judiciously.

Nature and Vertues. *Yew* is hot and dry in the third degree, and hath such an attractive quality, that if it be set in a place subject to poysonous vapours, the very branches will draw and imbibe them: Hence it is conceived, that the judicious in former times planted it in Church-yards on the West side, because those places being fuller of putrefaction and gross oleaginous Vapours exhaled out of the Graves by the setting Sun, and sometimes drawn into those Meteors called *Ignes fatui*, divers have been frightened, supposing some dead bodies to walk; others have been blasted, &c. not that it is able to drive away Devils, as some superstitious Monks have imagined; nor yet that it was ever used to sprinkle Holy-Water, as some

some quarrelsome Presbyters, altogether as ignorant of natural Causes, as the signification of Emblems and useful Ornaments, have fondly conceived. Wheresoever it grows, it is dangerous and deadly both to man and beast, according to most Authours, how much more then if it be encompassed with Graves, into which the lesser Roots will run and suck nourishment, (poisonous mans flesh being the rankest poison that can be) ye a certain Vicar unwilling to own the effects thereof upon his Cows would fain deny it to be so: Other Creatures as Rabbits have been poisoned with it, and the very lying under the shadow hath been found hurtful: Yet the growing of it in a Church-yard is useful, and therefore it ought not to be cut down upon what pittiful pretence soever.

Zedoary. Zedoaria.

**Descri-
ption.** IT is a Root growing in the East Indies, called in Latine Zedoaria, growing much like unto Ginger.

Nature and Vertues. It is hot and dry in the second degree: It stops Lasks, and is good against venomous bitings, stoppings and pains of the Stomach: It stayes vomiting, helps the Ghollick, amends a stinking Breath, and is a very good Antidote against the Plague, and other contagious Diseases.

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